

Fortifying foods – it's easy!

Try to fortify your foods so that you get more nutrition each mouthful. This allows you to eat smaller meals, snacks or drinks whilst getting adequate nutrition. There are some simple things that you can do and these are listed below.

Suggestion 1 – Enriched or fortified milk



Ingredients:

- 4 tablespoons (2 oz or 55 g)of dried skimmed milk powder
- 1 pint of full fat milk.

1. Place the skimmed milk powder in a jug and add a little of the milk to make a paste.
2. Gradually add the remaining milk and stir

Nutritional value: 40 g protein and 560 kcals

This fortified milk is an excellent source of protein and energy. It can be used to make porridge, soups, milk puddings such as rice, ground rice, sago, semolina, custards, egg custard, sweet and savoury sauces such as chocolate, vanilla, cheese or parsley sauce. You may also enjoy a glass of fortified milk.

Alternatively add 1 tablespoon skimmed milk powder to each portion of porridge, milk pudding, custard, sweet and savoury sauce or a glass of full fat milk.

Nutritional value: Each tablespoon of skimmed milk powder adds 5 g protein and 45 kcals.

Suggestion 2 – double cream



One easy way is to use three shots of 30 ml (3 x 2 tablespoons) double cream per day – add to cereals, soups and puddings to give you extra energy.

Nutritional value: 1.5 g protein and 405 kcals

Alternatively add 30 ml (2 tablespoons) double cream to a serving of breakfast cereal, porridge, pudding such as milk pudding/fruit crumble/fruit pie/sponge pudding, custard, tinned/fresh/cooked fruit, cake/pastries, soup, sweet or savoury sauce, cooked fish/chicken/vegetables or a hot milky drink such as hot chocolate, malted milk drink and coffee.

Nutritional value: 30 ml (2 tablespoons) double cream provides 0.5 g protein and 135 kcals



Remember you can also use cream substitutes or Greek/thick and creamy yogurts.

Suggestion 3 – evaporated milk

Add 60 ml (3 tablespoons) of full fat evaporated milk to each portion of breakfast cereal/porridge, soup, pudding such as milk pudding/fruit crumble/fruit pie/sponge pudding, custard, tinned/fresh/cooked fruit, cake/pastries, soup, sweet or savoury sauce.

Nutritional value: 60 ml (3 tablespoons) evaporated milk provides 4 g protein and 68 kcals.

Suggestion 4 – cheese



Add 25 – 50 g (1-2 tablespoon) grated hard cheese such as Cheddar, Cheshire, Red Leicester, Stilton, Parmesan, Edam or crumbled/chopped cheese such as Brie, Camembert, Mozzarella to each portion of soup, sauces, potato or other starchy vegetables, pasta, rice, fish, burgers, cooked vegetables, savoury/sweet biscuits.

Nutritional value: 13 g protein and 208 kcals



Remember you can also add cheese to cooked items such as egg/tinned spaghetti/baked beans on toast or sprinkled onto meals such as cottage pie.

Suggestion 5 – Beans and lentils

Add 40 g (2 heaped tablespoons) of cooked/tinned lentils or beans to a portion of soup/casserole/stew which can be blended / liquidised together if preferred.

Nutritional value: 3 g protein and 40 kcals

Suggestion 6 – generous dollops of butter/ nut butter / margarine

Add 15 g (1 tablespoon) to cooked potatoes/rice/pasta/other starchy vegetables, cooked vegetables or spread thickly on bread, toasted goods, crackers and other savoury biscuits

Nutritional value: 15 g of butter/ nut butter / margarine provides 120 kcals



Remember that you can also use oils/ ghee/ seed spreads in cooking or for dressings for salads/ pasta/ vegetables.

Suggestion 7 – sugar and sugar preserves

Add 1 – 2 tablespoons of sugar/ syrup/honey/ jam/marmalade/fruit curds/chocolate spread/treacle/molasses/fruit coulis to breakfast cereals/porridge/ bread/ toasted goods/ crackers and biscuits/puddings/milk puddings/ cakes/scones/ appropriate fruit and vegetables.

Nutritional value: 1 – 2 tablespoons of the above contains approximately 60 – 100 kcals



Remember the above items can also be used to make marinades and sauces for meat/chicken/fish/tofu/soya dishes. Please try to avoid sweeteners and sugar reduced preserves as these items will contain less energy. If you have diabetes please discuss this with your health care professional.