



## Food Fortification

Fortifying an individual's dietary intake increases the nutritional content, which for residents with a small appetite is an effective way of providing more calories without affecting the volume (portion size). This can be achieved by adding small quantities of everyday foods such as butter, cream, cheese or milk powder.

Ingredient	How to use	Nutritional Content
Hard Cheese (e.g. cheddar)	Sprinkle 2 tablespoons of grated cheese per portion e.g. soups, sauces, potatoes, vegetables, scrambled eggs	80 calories
Double cream	Add 2 tablespoons to each serving of porridge, soup, desserts or fruit	150 calories
Butter, margarine or oil	Add 2 teaspoons to each serving of potatoes & vegetables. Add an extra 1 teaspoon to crackers, bread and toast.	80 calories
Jam, syrup or honey	Add 2 teaspoons to porridge, milk puddings, cakes or on bread (unless you have diabetes)	45 calories (average)

### Fortified Milk

- Take one pint of full cream milk
- Add 4 heaped tablespoons of milk powder to a small amount of milk, mix to a paste
- Mix well into the remaining milk
- Store in the fridge and use throughout the day

**Standard milk - 375 calories**  
**Fortified milk - 550 calories**

### Fortified Soup

- 1 cup/small bowl of standard soup
- 1 heaped tablespoon milk powder
- 2 tablespoons of double cream

**Standard soup - 80 calories**  
**Fortified soup - 275 calories**

### Fortified Custard/Porridge/ Milk Pudding

- 1 cup/ small bowl of standard custard/ porridge/ milk pudding
- 1 heaped tablespoon milk powder
- 2 tablespoons double cream

**Standard version ~160 calories**  
**Fortified version ~350 calories**