

# Food Fortifiers: Food Fortification

You can increase the nutritional content of your diet by adding small amounts of household ingredients ('food fortifiers') to food. This will make your meals more nutrient dense without significantly increasing the amount of food to be eaten. Try to use the most nutritious ingredients to fortify food, not just butter or cream (these are good sources of calories but contain little protein and few vitamins and minerals). Aim to fortify at least 3 foods per day.

## Using skimmed milk powder as a fortifier

Dried skimmed milk powder is an inexpensive and useful way of increasing the calorie and protein content of your diet. It is available in most supermarkets.

## Fortified milk

- Take 1 pint of full fat milk
- Add 4 heaped tablespoons of skimmed 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
- Add to drinks such as coffee or tea and on cereals



## Fortified Recipes

### Fortified mousse

Serves 2

75ml full fat milk

2 heaped tablespoons skimmed milk powder\*

75ml double cream

Half packet of instant dessert mix

- Mix the instant dessert powder and skimmed milk powder together in a bowl
- Whisk in double cream and milk
- Place in bowls and chill
- Serve once set, keep refrigerated and use within 24 hours

Per portion:

Standard mousse: 110kcal, 3g protein

Fortified mousse: 350kcal, 8g protein

### Fortified soup

Serves 1

1 cup/small bowl of standard soup

1 heaped tablespoon skimmed milk powder\*

2 tablespoons double cream

Per portion:

Standard soup: 80kcal, 1g protein

Fortified soup: 280kcal, 6g protein

\*to help mix skimmed milk powder well, mix to a runny paste with a small amount of milk or cream before adding the remaining liquid

### Fortified custard, porridge or milk pudding

Serves 1

1 cup/small bowl of standard custard, porridge or milk pudding

1 heaped tablespoon skimmed milk powder\*

2 tablespoons double cream

Per portion:

Standard version average: 160kcal, 9g protein

Fortified version average: 360kcal, 14g protein

### Sweet milk jelly

Serves 4

1 packet (135g) jelly

285ml boiling water

285ml sweetened condensed milk

- Separate jelly into cubes and place in a jug/bowl. Add the boiling water and stir until dissolved
- Add the condensed milk, stir, then pour into mould/serving dish
- Allow to cool, refrigerate to set

Per portion:

Standard jelly: 100kcal, 2g protein

Fortified jelly: 337kcal, 8g protein

Food Fortifier	Amount	Calories (kcal)	Protein (g)	Could be added to
Nut butter	1 tablespoon	92	4	Porridge, soups, bread, crackers, toast
Hazelnut chocolate spread	1 tablespoon	82	1	Bread, toast, dip with fruit
Greek yoghurt (full fat)	2 tablespoons	120	4	Fruit, cereal, puddings, pancake
Grated cheese	2 tablespoons	80	7.5	Soups, sauces, potato, scrambled egg, bread
'Free from' cheese	2 tablespoons	80	-	Soups, sauces, potato, bread
Olive oil	1 tablespoon	135	-	Frying, salads, vegetables, pasta, dip with bread
Double cream	2 tablespoons	150	-	Soups, porridge, cake, puddings, fruit
Skimmed milk powder	1 tablespoon	52	5	Soups, porridge, milk, custard, sauces
Pea protein powder	1 tablespoon	60	11	Soups, stews, casseroles
Soya protein powder	1 tablespoon	50	14	Soups, stews, casseroles
Butter	2 teaspoons	80	-	Vegetables, bread, potatoes
Tahini	1 tablespoon	100	3.8	Bread, toast, soup, salads
Mayonnaise	1 tablespoon	104	-	Salad, potato, bread, vegetables
Dairy ice-cream	1 scoop	106	2	Fruit, pancakes, desserts, cake
Non-dairy ice-cream	1 scoop	103	1.5	Fruit, pancakes, desserts, cake

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