

# Food Fortification

Adding more nourishment without increasing portion sizes

## What is fortifying?

Fortifying is when small quantities of everyday foods, such as cream, milk powder or butter are added to a food or meal to increase the nutritional content (Calories), without increasing the portion size. This means every mouthful you eat will be more nourishing.

## Why do I need to fortify my foods?

You may need to fortify your foods if you have a small appetite or can only manage small quantities of food. You may also need to fortify your foods if you're losing weight or unable to maintain your weight. If you would like to take a multivitamin supplement, please check with your pharmacist that it is complete in vitamins and minerals.

Fortified custard/porridge/milk pudding	Fortified soup
<ul style="list-style-type: none"><li>• 1 ladle of normal custard/porridge/milk pudding</li><li>• 1 heaped tablespoon of milk powder*</li><li>• 2 tablespoons of double cream</li></ul>	<ul style="list-style-type: none"><li>• 1 ladle of normal soup</li><li>• 1 heaped tablespoon of milk powder*</li><li>• 2 tablespoons of double cream</li></ul>
Fortified milk	
<ul style="list-style-type: none"><li>• 1 pint of whole milk (blue top)</li><li>• 4 heaped tablespoons (60g) of milk powder*</li></ul> <p>*When adding milk powder to food, mix the milk powder with some of the milk to make a paste and add to remainder of pint, to ensure it mixes well without lumps</p>	

## Everyday foods you can add to meals or drinks to increase their calories:

For an extra 100-150 calories:

- Add two teaspoons of jam or honey to milk puddings
- Melt grated cheese (a small match box size) into soups
- Stir in a tablespoon of oil/butter/margarine to mash or other foods
- Add a tablespoon of double cream to a hot drink or over a pudding
- Add a tablespoon of green pesto to pasta or mash

For an extra 150-200 calories

- Blend a tablespoon of peanut butter or chocolate spread to a milkshake or spread on biscuits
- Mix a tablespoon of desiccated coconut into porridge or a yoghurt
- Stir in a tablespoon of clotted cream to a dessert
- Mix in a tablespoon of mayonnaise to mashed potatoes, with eggs or sandwich filling

## Make the most of your food

- Eat a little of what you fancy
- Have at least three small meals a day
- Have nourishing snacks between meals
- Have one fortified dish at each meal
- Always choose full fat products
- Always choose full sugar products unless you have diabetes, in which case stick to low sugar alternatives

**If you are struggling to follow this advice, please contact the person who gave you this sheet**