

Food fortification



Food fortification is adding high energy foods to meals to increase the calories. This can be an easy way to increase the calories of a meal and promote weight gain.

The following are examples of ways you can fortify food and fluid:

Mashed potato

- Add grated cheese
- Add 1 tablespoon of milk powder
- Mix in sour cream / cream
- Add butter

Casseroles/stews/curries/pasta

- Mix in butter
- Add milk or cream
- Add 1-2 tablespoon milk powder
- Add cheese on top



Soup

- Mix in cream or milk
- Add butter
- Add milk powder



Coffee/tea

- Add cream
- Make a latte style (more milk less water)
- Add milk powder
- Serve with digestive biscuits or snack from kitchen snack list

Porridge/Cereal

- Add dried fruit or banana
- Add cream and milk
- Add milk powder (1-2 tablespoons)
- Add sugar, syrup, honey, jam or marmalade on top

Pureed Food

- Add butter
- Add milk powder

Try not to change consistency, do not add more liquids.

More examples of ways you can fortify food and fluid:

Desserts and Custards:

- Add jam, marmalade or sugar on top
- Add cream / ice cream on top
- Add milk powder
- Cut fruit up and mix in

Vegetables or Meat/chicken/fish:



- Add butter
- Add mayonnaise
- Add honey
- Add plenty of sauce
e.g cheese sauce

Salads:

- Salad dressings
- Mayonnaise
- Butter

NOTE: If you have Diabetes or High Cholesterol speak with your Doctor or Dietitian before starting.

advice and tips for you