

## Food Fortification

Food fortification is an easy way to increase calorie intake without increasing portion sizes for those with a small appetite. Food Fortification should be done on an individual basis. E.g. 2 tablespoons of double cream added to one portion of porridge. This way we know that your resident is getting exactly what they need.

### Foods that can be used for fortification:

Two teaspoons of butter = 74 calories



4 small slices of cheese = 162 calories



1 tablespoon of jam = 52 calories



1 tablespoon of honey = 57 calories



1 tablespoon of double cream = 74 calories



### **Fortified Milk**

**1 pint of whole milk with 4 tablespoons of dried skimmed milk powder – this can be used in drinks and meals.**



Food fortification is everyone's responsibility - if you are unsure if the kitchen is fortifying foods find out! Have jam, honey, butter and cheese available in the dining room so it can be added when needed.

## How to adapt meals for food fortification

Food	Fortification
Cereals and porridge	Use fortified milk for cereals and porridge. Add 2 tablespoons of double cream per bowl.
Toast, Breads, and Sandwiches	Add extra butter, preserves and mayonnaise.
Soups (tinned, dried or homemade)	Add 1 tablespoon of milk powder and 2 tablespoons of cream. Make powder soups with whole milk.
Potatoes	Add an extra knob of butter. Add 1 tablespoon of double cream to each portion of mash. Add grated cheese in mash or on top of potatoes.
Vegetables	Add 1 teaspoon of butter or margarine to vegetable. Grate cheese on top of vegetable bakes
Custard	Use fortified milk to make the custard. Add two tablespoons of double cream per ladle. If using pre-prepared custard ensure full fat varieties are used and double cream is added.
Puddings	Add extra double cream, evaporated milk, jam, syrup, chocolate and fruit sauces.
Ice Cream	Pour two tablespoons of cream over 1 scoop of ice cream. Add fruit or chocolate sauces.
Preserves	Use Plenty of sugar, syrup, jam, peanut butter, lemon curd, chocolate spread, honey and mayonnaise.

### Easy ways to 1000 calories

- + 1 pint of fortified milk
- + 2 tablespoons of double cream
- + 2 portion of butter
- + 2 portion of jam

