

# Food Fortification



A 'food first' approach is the best way to encourage food and drink intake for someone who is at risk of undernutrition.

Meals and snacks can be fortified by adding small amounts of high energy and high protein foods to increase the calorie and nutrient content without increasing portion sizes.

To fortify any meal, snack or drink you could add any of these additional ingredients

Add this food	Kcals per tbsp
Dried skimmed milk powder	53
Double cream	74
Crème fraiche	57
Butter	111
Olive oil	108
Grated cheddar cheese	75
Cream cheese	45
Mayonnaise	104
Peanut butter	91
Pesto	75
Salad cream	52
Jam	52
Sugar	60
Honey	52

See the Vegetarian for Life Dietary Diversity guide for more alternatives

Here are some examples of how to do this...

Food to be fortified	Amount	Add these ingredients to increase the calorie content	Kcals before	Kcals after
Whole milk (use for all milky drinks)	568ml	4 tbsp dried skimmed milk powder	375	583
Custard	125ml	1 tbsp of dried skimmed milk powder and 2 tbsp of double cream	148	349
Milk based soup	125ml	1 tbsp of dried skimmed milk powder and 2 tbsp of double cream	80	280
Porridge with whole milk	200g	1 tbsp of dried skimmed milk powder and 2 tbsp of double cream	226	426
Mashed potato	1 scoop	1 tbsp of butter and 1 tbsp double cream	70	183
Vegetables	2 tbsp	1 tsp of butter	15	52
Baked beans	80g	1 tsp butter and 1 tbsp grated cheese	67	179
Scrambled egg with whole milk	120g	1 tsp of butter, 2 tsp dried skimmed milk powder and 45g cream cheese	308	603
Rice pudding	125ml	1 tbsp of dried skimmed milk powder and 2 tbsp double cream and 2 tsp of jam	106	332



BUTTER



CREAM



MILK POWDER