

## FOOD FORTIFICATION

### Fortifying foods

Normal food can be fortified with:

- Dried milk powder
- Evaporated milk
- Cream
- Butter
- Cheese
- Jam
- Sugar

#### ▪ Dried milk powder

Weight	Calories (kcal)	Protein (g)
15g/ 1tablespoon	50	5.5

The easiest way of adding dried milk powder to milk is to mix up 2 - 4 tablespoons of dried milk powder to 1 pint of **whole** milk.

Patients can start using 2 tablespoons and increase to 4 after a few days. Dried milk powders (own label, Marvel etc.) is recommended rather than ones with added vegetable fats.

Weight	Calories (kcal)	Protein (g)
1 pt semi-skimmed milk	300	19.4
1 pt whole milk	396	19.2
1 pt whole milk + 4 tablespoons dried milk powder	570	37.2

### How to make fortified milk:

Mix the dried milk powder with a little milk to form a paste and gradually whisk in the rest of the milk using a fork or a small whisk or in a liquidiser.

This milk can then be used to make coffee, other milk based drinks, porridge and milk puddings etc. If 1 pint is used per day, then this goes a long way towards calorie requirements. **It is not recommended that it is used in tea.**

<b>Weight</b>	<b>Calories (kcal)</b>	<b>Protein (g)</b>
Porridge made with water	49	1.5
Porridge made with whole milk	116	4.8
Porridge made with fortified milk	144	6.2

<b>Weight</b>	<b>Calories (kcal)</b>
200ml supplement e.g. Ensure/ Fresubin Energy	300
260ml milkshake (fortified milk, 1 scoop ice-cream & milkshake syrup)	300

▪ **Evaporated milk**

Evaporated milk can be poured over fresh, tinned and stewed fruit or added to other puddings. It can also be added to custard, porridge and soups.

<b>Weight</b>	<b>Calories (kcal)</b>
1 tablespoon evaporated milk	53

▪ **Cream**

Cream can be added to porridge, milk puddings, mashed potatoes, soups and sauces, poured over puddings and fruit or served with cake and scones.

<b>Weight</b>	<b>Calories (kcal)</b>
2 tablespoons double cream	134

▪ **Butter (or margarine)**

Margarine has the same calorie value as butter but taste often reduces the quantity used.

<b>Weight</b>	<b>Calories (kcal)</b>
1 teaspoon butter or margarine	40

Butter can be spread thickly on bread, toast, crumpets, teacakes and scones. It can be mashed into potatoes (together with milk or cream) or added to vegetables or boiled potatoes.

▪ **Cheese**

Grated cheese can be added to potatoes, soups and sauces. It can be sprinkled on the top of shepherds or cottage pie and fish pies and casseroles.

<b>Weight</b>	<b>Calories (kcal)</b>	<b>Protein (g)</b>
30g cheese/ matchbox sized	124	7.5g

▪ **Jam/ honey/ syrup**

Jam, honey or syrup can be served with bread and butter, scones or a spoonful served with milk puddings or on porridge etc.

▪ **Sugar**

Extra sugar can be added to recipes or drinks. Sugar can be added to cereals, porridge and stewed fruit. Sweets and chocolates should only be taken in-between or after main meals and should not replace a meal.

<b>Weight</b>	<b>Calories (kcal)</b>
5g/ 1 teaspoon	15
20g/ 1 tablespoon	80