

Nutrition Support: Fortifying and Enriching Foods

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

Meals and snacks can be made more nutritious without increasing their quantity by fortifying or enriching them. This is done by adding foods which are high in calories and/or protein. Every mouthful should be as nutritious as possible.

Low-fat and reduced calorie varieties of foods should be avoided as the aim is to increase calories as much as possible. Use full fat and full sugar products instead.

Milk

Choose whole milk (full-fat/full-cream milk) and avoid low-fat milk (e.g. skimmed or semi-skimmed). The energy and protein can be increased further by making 'fortified milk'.

How to make fortified milk

1. Take 1 pint (500ml) of whole milk.
2. Add 4 heaped tablespoons of skimmed milk powder and whisk in.

Use fortified milk as usual, to make, for example:

- milky drinks (e.g., hot chocolate, malted milk, milky coffee, milkshakes)
- porridge or add to cereals,
- custard, milk puddings and milk jellies
- savoury sauces, such as parsley, cheese or white sauce (serve these with pasta, vegetables and fish)

Margarine, butter, and oil

- Avoid reduced/low-fat/light spreads
- Spread butter or margarine thickly on bread, crackers, scones, crumpets etc.
- Mash plenty into potatoes or melt onto boiled and jacket potatoes
- Melt onto hot vegetables
- Stir into hot pasta and rice
- Add to scrambled egg
- Roast potatoes and chips are high in calories
- Use to fry foods such as fish, eggs, and bacon etc.

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Cheese

- Try grated hard cheese or a spoonful of soft cheese or cream cheese
- Mix into scrambled eggs in addition to butter or margarine
- Mash into potatoes in addition to butter or margarine
- Use to make sauces for fish, pasta or vegetables
- Sprinkle grated cheese on top of soup, pasta and vegetables
- Add extra as a topping to baked dishes such as cottage pie

Cream

- All types of cream are suitable. Alternatively try evaporated or condensed milk.
- Add to porridge, soups, sauces and puddings
- Use as a topping for cereal and fruit
- Add to yogurt (choose whole milk yogurt or thick and creamy varieties)
- Cream can be added to hot and cold drinks as a topping

Sugar

- Sugar, jam, honey, and syrup add useful calories. However, these should not be added if you have diabetes.
- Add plenty of jam, marmalade, honey or syrup to toast, scones, crumpets etc.
- Add to stewed fruit, smoothies, milk puddings or yogurt
- Add to porridge or breakfast cereals
- Add to hot drinks such as tea and coffee

Dairy-Free options

- Choose soya or oat milk (which are higher in energy/protein than nut/rice/coconut milks) in milky drinks, sauces, puddings and on cereal. Fortify these milk alternatives by adding soya/oat/coconut cream e.g. 350ml soya milk mixed with 250ml soya cream. Aim for 1 pint per day.
- Add soya/oat/coconut cream or coconut milk to puddings, fruit, soups, sauces and dairy free custard/yogurt
- Fry foods in oil – olive, sunflower or rapeseed are all good choices
- Drizzle olive oil or an oil-based vinaigrette over foods such as pasta, rice, tomato sauces and salads, or add to stews or curries.
- Use dairy free cheese – grate on onto foods, add to sandwiches and soups or mash into potato
- Spread dairy-free margarine thickly on bread, melt into vegetables or mash into potato
- Peanut butter or other nut butters are a good way to add calories and protein.