

## 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.

- 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

### 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.