

Food Fortification for Patients at Medium and High Risk of Malnutrition

Drinks
<ul style="list-style-type: none"> • All drinks should be fortified as much as possible by using fortified milk or adding cream. Encourage 1 pint of fortified milk daily. • <u>Fortified Milk</u> <ul style="list-style-type: none"> ➤ 5 tsp^o of skimmed milk powder and 3 tbsp double cream per 1-pint whole milk ➤ 2 tbsp of skimmed milk powder and 1 tbsp double cream per 200ml whole milk • Use fortified milk for tea, coffee, other hot drinks (Horlicks, hot chocolate etc) or to make fortified milkshakes with fresh fruit or other flavours • To add milk powder to food or drinks, first mix into a paste with a small amount of whole milk
Breakfast
<ul style="list-style-type: none"> • Use fortified milk on cereal and for making porridge, cornmeal porridge, omelette and pancakes <ul style="list-style-type: none"> ➤ Add 1 tbsp double cream to porridge ➤ Add 3 tbsp condensed milk to porridge ➤ Add 1 tbsp peanut butter to cornmeal porridge ➤ Add 1 egg to cornmeal porridge ➤ Add 3 tbsp condensed milk to cornmeal porridge • Make scrambled eggs with 50ml fortified milk, 1 tsp^o butter and 25g grated cheese per portion • Make scrambled tofu with 35ml non-dairy milk, 2 tbsp vegetable oil, 25g vegan cheese per portion* • Make French toast with fortified milk, egg and sugar coating • Make congee with 35ml milk and 1-2 eggs, drizzle with sesame oil • Provide a cooked breakfast as often as possible to improve energy and protein intake (modify consistency to meet the needs of those with swallowing difficulties)
Mid-morning
<ul style="list-style-type: none"> • Use fortified milk for tea / coffee • OR give malted drinks • OR provide milkshake made with fortified milk and ice-cream / double cream • OR give plain fortified milk to taste • OR give homemade smoothies / juice made with 2 tbsp nut butter + 2 tbsp vegan protein powder* • Offer high energy / protein snacks: <ul style="list-style-type: none"> ➤ Milk pudding / rice pudding / mousse made with fortified milk ➤ Sponge cake with fortified custard, ice cream, full fat yoghurt, cheese, nut butters ➤ Biscuits / crackers, chin chin, klenat, puff puff, plantain chips, falafel, loukoumades, galaktoboureko, gulab jamun, Bombay mix, onion bhajis

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Review Date: August 2027 (or sooner if evidence or practice changes)

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Main Meals

- Add grated cheese and butter to mashed potatoes (50g per 200g, or 25g per scoop)
- Add 25g cheese or ground / whole nuts to stews and minced meals
- Add a fried egg and meat on jollof rice
- Add 2 tbsp / 30mls double cream / crème fraiche to soups / curries
- Add 2 tbsp / 30mls olive vegetable / olive oils onto yam, cassava, rice, soups
- Use fortified milk when making quiches, stews
- Add 2 tbsp / 30mls ghee to soups, dahl, rice, couscous
- Add crème fraiche / double cream to risotto, casseroles, pasta, sauces
- Use mayonnaise in sandwiches
- Fry fish in egg and flour-based batter
- Add coconut crème to soups, stews*
- Add plant-based / vegan alternatives to cheese / butter / milk / milk powder*

* For more information on plant-based / vegan / vegetarian options see 'Food First for Plant-Based, Vegan, Vegetarian Diets' sheet

° Tbsp = tablespoon / Tsp = teaspoon

Compact Super Shake (1 portion)

- 100ml whole milk
- 2 tbsp double cream
- 2.5 tbsp dried milk powder
- 3 heaped tsp fortified milkshake powder
- Mix dry ingredients then gradually blend in milk and cream
- Provides: 245kcal, 9g protein

Dairy-free Fruit Smoothie (1 portion)

- 150ml apple/orange juice
- 1 banana, mashed
- 3-4 tbsp tinned peaches
- 2 tsp honey
- Blend with electric blender
- Provides: 264kcal, 2g protein

Fortified Instant Dessert (4 portions)

- 1 packet instant dessert
- 4 tbsp milk powder
- 150ml double cream
- 150ml whole milk
- Whisk with a fork / whisk
- Provides: 400kcal, 10g protein

Nut-based Smoothie (1 portion)

- 150ml dairy-free / lacto-free milk
- 1 scoop dairy-free / lacto-free ice-cream
- ½ banana
- 1 tbsp vegan protein powder
- 1 tbsp peanut butter
- 1 tbsp syrup / honey
- Blend with electric blender
- Provides: 310kcal, 10g protein

Super Soup (1 portion)

- 1 sachet cup-a-soup (smooth, no bits)
- 2 tbsp dried milk powder
- 2 tsp boiling water
- 200ml whole milk
- Mix sachet, powder and water to dissolve
- Heat milk and stir in gradually
- Provides: 255kcal, 12g protein

Scrambled Tofu (1 portion)

- 140g extra firm tofu
- 1 tsp dairy-free spread
- 1 tbsp fortified plant-based milk
- 1 tbsp soya / oat / coconut cream
- Mash tofu, mix ingredients, stir fry in oil
- Provides: 288kcal, 20g protein

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