

Food Fortification Protocol for Patients at Medium and High Risk of Malnutrition

| Drinks |
|---|
| <p>All drinks should be fortified as much as possible by using fortified milk or adding cream. Encourage 1 pint of fortified milk daily.</p> <p>Fortified Milk</p> <ul style="list-style-type: none"> • 5 tablespoons of skimmed milk powder and 3 tablespoons double cream per 1 pint full fat milk • 2 tablespoons of skimmed milk powder and 1 tablespoon double cream per 200mL cup full fat milk <p>Use fortified milk for tea, coffee, other hot drinks (Horlicks, hot chocolate, etc) or to make fortified milk shakes with fresh fruit or other flavours.</p> <p>To add milk powder to food or drinks, mix into a paste with small amount of full fat milk so it mixes well.</p> |
| Breakfast |
| <p>Use fortified milk on cereal and for making porridge, cornmeal porridge, omelette and pancakes.</p> <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 <p>Make scrambled eggs with 50ml fortified milk, 1 tsp butter and 25g grated cheese per portion.</p> <p>Make scrambled tofu with 35ml non-dairy milk, 2 tbsp vegetable oil and 25g vegan cheese per portion*.</p> <p>Make french toast with fortified milk, egg and sugar coating.</p> <p>Make congee with 35ml milk and 1-2 eggs, drizzle with sesame oil.</p> <p>Provide a cooked breakfast as often as possible to improve energy and protein intake. Modify consistency to meet needs of those with swallowing problems.</p> |
| Mid-morning |
| <p>Use fortified milk for tea or coffee</p> <p>OR Give malted drinks (Ovaltine, Milo, Horlicks, Hot chocolate) made with fortified milk</p> <p>OR Provide milkshake made with fortified milk and ice cream or double cream</p> <p>OR Give plain fortified milk to taste</p> <p>OR Give homemade smoothies/ juice made with 2 tbsp nutbutter and 2 tbsp vegan protein powder*</p> <p>Offer high energy/high protein snacks:</p> <ul style="list-style-type: none"> • Milk pudding, rice pudding or 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, galaktobou reko, gulab jamun, bombay mix, onion bhajis |
| Lunch |
| <p>Main meal</p> <ul style="list-style-type: none"> • 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 2tbsp/ 30mls of double cream/ crème fraiche to soups, curries • Add 2 tbsp/ 30mls palm/olive oils onto yam, cassava, rice, soups* • Use fortified milk when making quiche, stews • Add 2 tbsp/ 30mls ghee to soups, dhal, rice, couscous • Add crème fresh, double cream with risotto, casseroles, pasta and sauces • Use mayonnaise in sandwiches • Fry fish in an egg and flour based batter • Add coconut crème to soups, stews* • Add vegan alternatives to cheese, butter, milk, milk powder* |

Approval date: March 2022

Review date: March 2024 (or sooner if evidence or practice changes)

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Recipes for Fortified Drinks and Foods

BHC MUST Compact Super shake (1portion)

100ml whole milk
2 dessert spoons double cream
2.5 dessert spoons dried milk powder
3 heaped teaspoons vitamin fortified milkshake powder (e.g. Nesquik or supermarket own brand)
Blend dry ingredients and then gradually blend in milk, then cream. 245kcal, 9g protein per portion

Fruit smoothie (Dairy-free) (1 portion)

150mls orange or apple juice 1 mashed banana
3-4 tablespoons tinned peaches 2 tsps honey
Blend with an electric blender. 264kcal, 2.2g protein per portion

Nut-based smoothie* (not suitable for those with a nut allergy) (1 portion)

150ml dairy free, lacto free milk
1 scoop dairy free, lacto free ice-cream
½ banana (fruit)
1 tablespoon vegan protein powder
1 tablespoon peanut butter
1 tablespoon syrup or honey
Blend with an electric blender. 310kcal, 10g protein per portion

Fortified instant dessert (4 portions)

1 packet instant dessert
4 tablespoons milk powder 150mls (¼ pint) double cream 150mls (¼ pint) full cream milk
Whisk together with a fork or whisk. 400kcal, 10g protein per portion

Fortified mashed potato

1 scoop mashed potato (already mashed in the kitchen with full fat milk, double cream and butter/margarine)
Add - 2 tsps. (10g) butter/margarine And 1 tablespoon grated cheese
Mash together with a fork. Additional 135kcal, 4g protein per scoop

BHC MUST Super soup (1portion)

1 sachet of cup a soup (smooth, no bits)
2 dessert spoons dried milk powder
200ml whole milk
A little boiling water
Mix soup sachet, dried milk powder and a little boiling water to dissolve. Heat the milk and stir in gradually. 255kcal, 12g protein per portion

Scrambled tofu* (1 portion)

140g extra firm tofu
1 teaspoon dairyfree spread
1 tablespoon fortified milk (alternative)
1 tablespoon soya/ oat/ coconut cream
Mash tofu, mix with all ingredients and stir fry in oil. 288kcal, 20g protein per portion

* For more information on vegan/vegetarian options see Food First for Vegan/ Vegetarian Diet Sheet
Adapted from Bromley Healthcare

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