

Food First: Guide to fortifying food



What is food fortification? Adding household ingredients to normal food to increase its nutritional content without increasing the amount of food which needs to be eaten.



What is the aim of food fortification? Together with 2 - 3 small, between meal snacks and milky drinks, to increase nutritional intake by 500 calories per day.

How to fortify foods Top tips



- You do not have to fortify every food that you eat
- Identify which foods/drinks you eat best and fortify these
- Use the most nutritious ingredients to fortify food, **not just** cream or butter (these provide only calories with no protein and very few vitamins/minerals)
- Use enough of the fortifier to make a difference - e.g. 1 tablespoon of skimmed milk powder added to one portion of mashed potato.

Fortifier	Added amount provides (+ energy (kcal) + protein (g))	Use in food and drinks
 Skimmed milk powder	4 tablespoons per 1 pint full fat milk - 590 kcal + 40g Or 1 tbsp per drink - 55 kcal + 5.5g	<ul style="list-style-type: none"> • Cereal & porridge • Custard • Sauces & creamy soups • Mash • Beverages • Cup a soup
 Cheese (hard or soft)	4 tablespoons grated cheddar - 160 kcal + 10g 1 tablespoon full fat cream cheese - 66 kcal + 0.5g	<ul style="list-style-type: none"> • Scrambled egg • Omelettes • Sauces & soups • Mash • Pasta/pizza

Fortifier	Added amount provides (+ energy (kcal) + protein (g))	Use in food and drinks
 <p>Sugar (jam, honey, syrup, sweet sauces)</p>	<p>Add 2 teaspoons to drinks and 1 tablespoon to meals</p> <p>1 tablespoon - 50 kcal + 0g</p>	<ul style="list-style-type: none"> • Cereal & porridge • Glazed veg • Puddings
 <p>Fats (butter, cream, oil or mayonnaise)</p>	<p>1 teaspoon of butter or margarine</p> <p>37 kcal + 0g</p> <p>Add 1 tablespoon double cream or oil</p> <p>100-120 kcal + 0.5g</p>	<ul style="list-style-type: none"> • Beans on toast • Sauces • Cooked veg • Mash • Toast/bread • Puddings
 <p>Full fat Greek style yoghurt</p>	<p>Add 2 tablespoons Greek yoghurt</p> <p>2 tablespoons- 40 kcal + 1.6g</p>	<ul style="list-style-type: none"> • Breakfast • Sauces & soups • Mash • Dips • Cakes • Fruit
 <p>Ground almonds</p>	<p>Add 1 tablespoon ground almonds to cakes and soups</p> <p>60 kcal + 2g</p>	<ul style="list-style-type: none"> • Cakes • Soups • Porridge • Rice pudding
 <p>Egg white powder</p>	<p>Add 10g (2 teaspoons) into a small amount of fluid. Whisk gently to avoid too much froth. Then add the remaining fluid -</p> <p>37 kcal + 8g</p>	<ul style="list-style-type: none"> • Juice • Custard • Sauces & soups

If you require further information please see resource:

- [Advice for eating well if you have lost weight or are underweight](#)

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