

## FORTIFYING FOODS

### Adding extra Calories using sugary and fatty foods

#### Sugar



Add to hot and cold drinks, cereals & puddings

#### Honey, Jam, Marmalade, Syrup, Lemon curd, Chocolate or Caramel spread, Nutella®

Spread on bread, biscuits & scones. Add to cereals, milky puddings, yogurts, pancakes

#### Double Cream



Add 1 tablespoon to cereals, soups, mashed potatoes, cake, custard, milky puddings & yogurts

#### Butter, Peanut butter, Margarine

Thickly spread on to bread, toast, scones or add to vegetables, pasta & potatoes

#### Mayonnaise, Salad Cream

Use on salads, sandwiches or with chips as a dip

#### Olive Oil

Add 1 dessert spoon to soups



### Adding extra Protein

#### Evaporated or Condensed milk, Ice cream, Full Fat yogurt, Dried skimmed milk powder

Add 1 tablespoon to cereals, soups, mashed potatoes, cake, custard, milky puddings & yogurts

#### Full Fat Milk



#### Grated Cheese

Choose full fat varieties

Add to potatoes, soups, vegetables, fish, baked beans, eggs, savoury biscuits, toast, pasta dishes & sauces

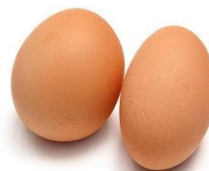
#### Meat, Chicken, Turkey, Eggs, Fish, Bacon, Sausage, Gammon, Nuts, Pulses (peas, beans & lentils)

Aim for 2 portions daily

Try larger portions at mealtimes

Put extra in sandwiches

Try a cooked breakfast



## CALORIE & PROTEIN CONTENT



1 LEVEL TABLESPOON	CALORIES	PROTEIN
<u>Olive Oil</u>		
1 level tablespoon	135	-
1 level dessertspoon	90	-
Butter/Margarine	111	-
<u>Mayonnaise</u>		
1 level tablespoon	103	-
1 level teaspoon	34	-
Peanut Butter	91	3.4 g
Chocolate Spread	86	0.5 g
Chocolate/Hazelnut Spread	82	0.9 g
Double Cream	74	-
Grated Cheese	62	3.8 g
<u>Sugar</u>		
1 level tablespoon	59	-
1 teaspoon	20	-
Dried Skimmed milk Powder	52	5.4 g
<u>Salad Cream</u>		
1 level tablespoon	49	-
1 teaspoon	16	-
Condensed Milk	47	1.1 g
Golden Syrup	45	-
Caramel Spread	43	-
Honey	43	-
Lemon Curd	40	-
Ice Cream	39	1.6 g
Jam	39	-
Marmalade	39	-
Evaporated Milk	25	1.3g
Full fat Yogurt	16	0.6g

References: McCance & Widdowsons – The Composition of food - 7th Edition

Community Nutrition & Dietetics, Tel: 01253 957871, email: [bfwh.askadietitian@nhs.net](mailto:bfwh.askadietitian@nhs.net) (Updated December 2018).  
 Recipes by Bethany, (Student Dietitian 2018).

## FORTIFIED RECIPES

### Enriched Soup



200g Cream variety soup (1/2 tin)  
 Add 2 tablespoons of Grated Cheese gradually  
 Mix in 1 tablespoon of Double Cream

**307 kcals      9.5g Protein**



### Creamy Porridge

1 Sachet (35g) or 3 tablespoons of Porridge Oats  
 Add 200mls of Fortified Full Fat Milk  
 Mix in 1 tablespoon of Golden Syrup

**355 kcals      17g Protein**



### Luxury Mashed Potato

2 Rounded tablespoons of Mashed Potato  
 Firstly, add 2 tablespoons of Grated Cheese  
 Mix in 40mls of Fortified Full Fat Milk  
 Mix in 1 tablespoon of Butter or Margarine

**223 kcals      7.7g Protein**



### Decadent Rice Pudding

200g of Rice pudding (1/2 tin)  
 Mix in 1 tablespoon of Jam  
 Mix in 1 tablespoon of Dried Skimmed Milk Powder  
 Mix in 1 tablespoon of Double cream

**353 kcals      12g Protein**



### Fortified Scrambled Egg

1 Medium Egg  
 Add 25mls of Full Fat Milk  
 Add 1 1/2 tablespoons of Double Cream  
 Add 1 tablespoon of Butter or Margarine  
 Mix in 2 tablespoons of Dried Skimmed Milk Powder

**309 kcals      13g Protein**