Blackpool Teaching Hospitals NHS
NHS Foundation Trust

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.

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

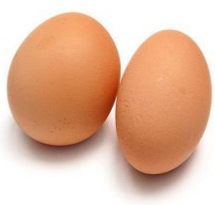
Meat, Chicken, Turkey, Eggs, Fish, Bacon, Sausage, Gammon, Nuts, Pulses (peas, beans & lentils)

Aim for 2 portions daily

Try larger portions at mealtimes

Put extra in sandwiches

Try a cooked breakfast



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