

Patient information

Fortifying your food

If your appetite is poor and you are not eating as well, eating energy and nutrient dense foods will help you meet your needs without increasing portion sizes.

During this time, it is best to avoid low fat foods and drinks. To optimise your intake, choose full fat versions of foods.

You can add extra calories and protein to the foods you already eat by incorporating some high calorie (kcal) nutrient dense foods.

Aim to add an extra 500 calories through the ideas in this leaflet.

Fortified Milk

Fortifying your milk is a quick and easy way to add extra calories and protein to your diet. You can use this milk as you would normally for example, as a drink, in hot/cold drinks, in porridge, on cereals, in sauces, in puddings and in cooking.

How to make fortified milk:

Whisk 4 heaped tablespoons (60g) of dried skimmed milk powder to 1 pint (568ml) of whole milk (blue top).

This adds approximately 200kcal, 20g protein, and extra calcium, vitamin A and vitamin D.

Nutrient dense food fortifiers to enrich meals (each adds approximately 100 calories):

- 25g (small match box size) hard cheese
- 1 tablespoon cream cheese
- 1 egg
- 1 tablespoon oil (e.g. olive oil / rapeseed oil)
- 2 cubes butter or plant-based spread
- 20ml double cream or evaporated milk
- 1 tablespoon mayonnaise
- 40g dried fruit
- 1 tablespoon of nut butter
- 1 ½ tablespoons of nuts
- 2 tablespoons (20g) of seeds
- 2 tablespoons crème fraiche
- 1/3 medium sized avocado
- 2 tablespoons pesto

- 2 tablespoons skimmed milk powder
- 2 tablespoons whey isolate
- 1 tablespoon ground almonds
- 2 tablespoons full fat Greek yogurt
- ¼ pot houmous
- 4 teaspoons chocolate hazelnut spread
- 80g coleslaw
- 80ml creamy / cheese sauces
- 3 tablespoons jam, lemon curd, syrups
- 20g granola
- ½ tin oily fish (in oil)
- 35g pâté
- 2 tablespoons mango chutney
- 2 tablespoons of soy / pea protein

Breakfast

Breakfast	Fortify with
Cereal	Use fortified milk, add flaked almonds, seeds, dried fruit
Porridge or weetabix	Use fortified milk, add nut butter, ground almonds, syrups, nuts, seeds, dried fruit
Toast	Full fat spread / butter, nut butter, egg, cheese, turn into eggy bread
Cooked breakfast	Cook with olive oil / rapeseed oil
Pancakes or waffles	Add ground almonds or whey protein to mix, top with Greek yogurt, nuts / seeds, nut butter, syrups
Yogurt	Granola, nuts, seeds, syrup, dried fruit, skimmed milk powder, whey protein powder

Main meals

Tips: Add sauces to meals such as mayonnaise, cheese sauce, white sauce, sour cream, chutneys, guacamole, coleslaw, peppercorn sauce.

Main meals	Fortify with
Pasta dishes	Creamy sauces, cheese, parmesan, bacon bits, drizzle olive oil
Mash potato	Cheese, skimmed milk powder
Vegetables	Cheese, cheese sauce, olive oil, butter
Curry	Choose coconut milk-based sauces, serve with chutney, yogurt, add skimmed milk powder, ground almonds, panner, lentils
Stews/casseroles	Ground nuts, lentils, beans, dumplings
Potatoes	Mash with butter, skimmed milk powder and cheese. Choose wedges, fried potatoes, roasted potatoes, dauphinoise potatoes
Stir-fry	Satay sauce / nut butter, chopped nuts, coconut milk / cream, stir-fry sauce, drizzle with sesame oil, egg, serve with fried rice / noodles

Lunch / snack meals

Lunch / snack meals	Fortify with
Sandwiches / wraps	Spread with butter / spread, mayonnaise, chutney, salad cream, coleslaw, houmous, pesto. Choose high calorie fillings such as cheese, pâté, deli meats, egg, avocado, beef
Toast	Top with cheese, egg, beans and cheese, pâté, avocado
Salads	Olive oil, seeds, avocado, houmous, cheese, mayonnaise, tinned fish in oil, roasted vegetables, eggs, nuts, beans, creamy salad dressing, carbohydrates (pasta, couscous, potatoes, rice)
Jacket potatoes	Spread / butter, cheese, coleslaw, mayonnaise, tuna mayo
Soups	Croutons, olive oil drizzle, pesto, add cream / sour cream, coconut milk. Serve with buttered bread

Desserts

Desserts	Fortify with
Sponge / cake	Cream, ice cream, custard, yogurt, jam, desiccated coconut
Custard	Skimmed milk powder, cream
Rice pudding	Skimmed milk powder, cream, dried fruit, jam, compote, cocoa powder
Angel delight	Make with fortified whole milk, double cream, top with chocolate flakes

Snacks

Snacks	Fortify with
Crackers	Spread / butter, cheese, cream cheese, pâté, houmous, brie and honey
Bread sticks	Guacamole, cream cheese, sour cream, chocolate hazelnut spread
Apple / banana	Peanut butter, cream, yogurt, ice cream
Biscuits	Peanut butter, chocolate spread
Malt loaf/fruit loaf	Butter, jam, cream cheese
Scone	Butter, cream, cheese, chutney
Tortilla chips	Sour cream, guacamole, cheese dip
Yogurt	As per breakfast

Drinks

Tip: Make up drinks with fortified milk

Drinks	Fortify with
Coffee	All milk, cream, Irish cream liquor, coffee syrups
Hot chocolate	Top with squirty cream, marshmallows
Smoothies	Ground almonds, nut butter, coconut milk, flaxseeds
Malt drinks	All milk, cream
Fruit juice	Add cordial / high juice, dried egg powder

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