

INFORMATION FOR PATIENTS

Food fortification

This leaflet provides some simple ideas on how you can fortify your meals to get the most nutrition from the food you are eating.

People who have a poor appetite often can only manage small meals. The following examples show how to fortify meals and snacks with high energy foods to boost calories and protein without increasing the volume of the meal too much. Good food fortifiers include cheese, butter, skimmed milk powder, peanut butter, ice cream, cream, sugar, jam and honey. Examples of how they can be used can be seen in the table below.

Basic food and approximate quantity	Approximate nutrition provided in basic food item		Additional food as fortifier	Approximate nutrition provided in fortified food item	
	Calories (kcal)	Protein (g)		Calories (kcal)	Protein (g)
Mash potato – 1 scoop	45	1	Knob of butter 1 tablespoon of double cream	181	1
Small tin of baked beans	159	9.4	Matchbox sized piece of cheese (40g)	325	19.6
Serving of vegetables (60g)	15	0	Knob of butter	90	0
Porridge made with full fat milk	218	9.3	1 tablespoon of double cream and 2 teaspoons of sugar	312	9.5
Scrambled eggs x 2	126	12	1 tablespoon of double cream and a matchbox sized piece of cheese	354	22.4
Muller rice pudding	180	6.1	1 table spoon of double cream 1 tablespoon of skimmed milk powder	292	17.4
Fruit canned in syrup (100g)	57	0	3 tablespoons of evaporated milk	125	4
Milkshake/smoothies (200mls)	120	6	1 scoop of ice cream 1 tablespoon of peanut butter	314	12.5
1 portion of packet white sauce mix (100mls)	85	4.5	1 matchbox sized piece of cheese	251	14.7

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Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

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If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

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