



Care Home information: Food First - Fortifying food

What is food fortification? Adding ordinary, 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

Is fortified food suitable for everyone? No – it should only be provided for those at medium or high risk of malnutrition according to MUST. **Nutritional care must always be person-centred**

How to fortify food – top tips

- You do not have to fortify every food which someone eats
- Identify which foods/drinks the person likes and eats well
- Identify the best ingredient to use to fortify that food or drink
- 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 (1 tablespoon of skimmed milk powder added to mashed potato for 20 is not enough to help improve nutrition)
- Ensure the food still tastes nice after fortification (try the food before serving it)
- Ensure that the person is also encouraged to take 2 – 3 between-meal snacks and milky drinks every day

Most suitable foods to be fortified	How to fortify <i>Use 1 or more of the suggested fortifier amounts per portion, based on the person's preferences and how the fortifiers affect the food's flavour</i>	Calories added per portion	Protein added per portion
Milk for use in: <ul style="list-style-type: none"> • all cups of tea/coffee • cereal • hot chocolate • to drink 	Add 4 tablespoons dried, skimmed milk powder to each pint of full fat milk	55 per 150ml	5.5g per 150ml
Porridge	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon ground almonds per portion and/or	60	2g
	Add 1 teaspoon butter or margarine per portion	37	0
Soup	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon ground almonds per portion and/or	60	2g
	Add 1 tablespoon double cream per portion	100	0
Mashed potato	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon grated cheese per portion and/or	40	2.5g
	Add 1 teaspoon butter or margarine per portion	37	0
Cooked vegetables	Add 1 tablespoon grated cheese per portion and/or	40	2.5g
	Add 1 tablespoon white sauce per portion and/or	45	1g
	Add 1 teaspoon butter or margarine per portion	37	0
Rice pudding or semolina	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 tablespoon of evaporated milk per portion and/or	25	1g
	Add 1 heaped teaspoon of jam or honey per portion	50	0
Custard	Add 1 tablespoon dried, skimmed milk powder per portion and/or	55	5.5g
	Add 1 dessert spoon condensed milk per portion and/or	55	1.5g
	Add 1 tablespoon double cream per portion	100	0

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