

Fortified Diet Plan

The following dietary changes can be tried to help prevent weight loss and encourage weight gain. Discuss with your Nurse/Healthcare professional which options to try.

- Eat 'little and often'**: try small, nourishing meals, snacks and drinks every 2-3 hours throughout the day
- Use full cream milk**: aim for 1 pint / 600mls per day
- Fortify your milk**: add 2-4 heaped tablespoons of dried skimmed milk powder to 1 pint full cream milk and blend/mix until smooth. Chill in the fridge and then use on cereals, in porridge, to make up sauces, soups, desserts, jellies or milky drinks etc.
- Add dried skimmed milk powder** directly to soups, milk puddings, custards, mashed potatoes: try adding 2-3 teaspoons per portion of food
- Choose full fat and full sugar* products** rather than 'diet' 'reduced/low fat' 'low sugar' or 'healthy eating' varieties as these provide more calories
- Add knobs of butter, margarine, vegetable oil, rapeseed oil, or olive oil** to vegetables, mashed potato, jacket potato etc. **Add grated cheese** to soup, mashed potato, scrambled eggs etc.
- Serve main meals** with a creamy sauce e.g. cheese, parsley or white sauces
- Add cream or evaporated milk** to soups or puddings e.g. stewed / canned fruits, custard, rice puddings etc and **add sugar*** to cereals, drinks, desserts. Serve milk or bread puddings with jam, honey or syrup.
- Have snacks between meals** and at bedtime. Try toast with butter and jam, a cheese sandwich, cereal with milk, creamy or Greek yogurt, cake, biscuits, full fat mousse, cream cheese and crackers, dried fruit and nuts, or try a nourishing drink
- A little alcohol** before a meal can stimulate appetite, but check with your GP or chemist first if you take any medications
- For a balanced diet** choose a wide variety of foods. At each meal try to have a protein food (meat, fish, egg, cheese, milk, vegetarian alternative, e.g. Quorn, soya, beans or lentils) and a starchy food (bread, cereals, potato, rice, pasta). Eat fruit and vegetables every day – puree or take as juice if easier
- Have plenty of nourishing fluids**: aim for 8 glasses (i.e. at least 1.6 litres) a day. Try sweetened fruit juice*, chilled or warmed fortified milk, coffee, hot chocolate or malted drinks made with all milk (fortified) or milk shakes. Choose drinks with high sugar content e.g. fruit juice, lemonade, full sugar squash*

- **Consider an A-Z multivitamin and mineral supplement** if you are only eating a small amount or a limited variety of foods. Avoid these however if you are taking 3 or more supplement drinks daily (such as Complan, Build Up or Foodlink Complete)

***If you have diabetes, continue to choose sugar free drinks. You can have a moderate amount of sugar containing foods.** Contact your Nurse or GP if you have concerns such as continued weight loss, difficulty taking solids, worsening appetite, limited food variety, or you have diabetes and are experiencing high blood sugars or sugar in your urine.

How to fortify some common foods

**Here are some examples to show how easy it is to fortify your diet:
please note tsp = teaspoon / tbsp = tablespoon**

- 1 tbsp dried skimmed milk powder (9g) = 30kcal and 3.3g of protein
- 1 tsp dried skimmed milk powder (3g) = 10kcal and 1.1g of protein
- 1 tsp sugar (5g) = 20kcal and 0g of protein
- 1 heaped tsp honey (17g) = 50kcal and 0g of protein
- 1 tsp butter or margarine (5g) = 35kcal and 0g of protein
- 10g cheddar cheese = 42kcal and 2.5g of protein
- 1 tsp double cream (10g) = 50kcal and 0.2g of protein
- 2 large dates (40g) = 108kcal and 1.3g of protein

Scrambled egg with whole milk (120g)

Before fortification: *308kcal and 13.1g of protein.* Add 1 tsp butter, 2 tsp of dried skimmed milk powder and 45g of cream cheese:
603kcal and 15.8g of protein

Porridge with whole milk (150g)

Before fortification: *170kcal and 7.2g of protein.* Add 2 tsp of dried skimmed milk powder, 1 tsp of double cream, 1 tsp of sugar and 2 chopped dates:
368kcal and 10.9g of protein

Custard with whole milk (150g)

Before fortification: *142kcal and 4.7g of protein.* Add 2 tsp of dried skimmed milk and 2 tsp of double cream:
262kcal and 7.3g of protein

White sauce with whole milk (30g)

Before fortification: *45kcal and 1.3g protein.* Add 1 tsp of double cream, 2 tsp of dried skimmed milk powder and 10g of cheddar cheese:
157kcal and 6.2g of protein

Boiled Carrots (30g)

Before fortification: *7kcal and 0.2g of protein.* Add 1 tsp of butter and 2 tsp of honey:
90kcal and 0.2g of protein

Mashed Potato (60g)

Before fortification: *62kcal and 1.1g of protein.* Add 1 tsp butter, 2 tsp of dried skimmed milk powder and 1 tsp of double cream:
170kcal and 3.5g of protein

