

## Care Home information: Fortifying food

**What is food fortification?** Adding ordinary, nutrient dense household ingredients to food and drinks to increase nutrient 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 and a range of other nutrients per day.

**Should we give food fortification to everyone?** No – it is only needed for those at medium or high risk of malnutrition according to MUST. **Nutritional care should always be person-centred.**

### How to fortify food—top tips

- Identify which foods/drinks the person likes and eats well & identify the best ingredient(s) to use to fortify that food or drink (see below)
- Use **nutrient dense** ingredients (see list below) to fortify food. Cream and butter can make foods taste nice, however because they only contain calories with no protein and very few vitamins/minerals **extra** cream/butter **should not** be used to fortify foods
- Use the amount of the fortifier per portion stated below
- Ensure the food still tastes good after fortification (try the food before serving it)
- Ensure that the person is also encouraged to take 2 – 3 between-meal snacks every day
- Use fortified milk for all residents who are at medium or high risk of malnutrition. Make fortified milk by mixing 4 tablespoons skimmed milk powder into each pint of full milk and use in hot drinks, on cereal and in cooking
- **You do not need to fortify every food which someone eats**

Food fortifier	Quantity of fortifier to add to 1 portion of food	Try adding to a portion of:	Energy content added per portion (Kcals)	Protein content added per portion (grams)
Almond butter	1 tablespoon (15g)	Porridge, soup, curry & dahl	98	3.4
Cashew butter	1 tablespoon (14g)	Porridge, soup, curry & dahl	94	2.8
Cheese, grated	1 tablespoon (10g)	Potatoes, vegetables, curry & dahl	40	2.5
Egg	1 egg	Custard, milk pudding, mashed potato	75	6
Dried, skimmed milk powder	1 tablespoon (15g)	Custard, milk pudding/sweets, 'cream of' soup, porridge, mashed potato	55	5.5
Greek yogurt	1 tablespoon (45g)	Porridge, pasta sauce, casserole, curry & dahl	61	2
Ground almonds	1 tablespoon (15g)	Vegetable soup, stew, casserole, porridge, curry & dahl	92	3
Peanut butter	1 tablespoon (15g)	Porridge, curry & dahl	94	4
Pea protein powder	1 tablespoon (17g)	Vegetable soup, stew, casserole, curry & dahl	60	11
Soy protein powder	1 tablespoon (14g)	Vegetable soup, stew, casserole, curry & dahl	50	14

Version	2.0
Developed by	Alison Smith, Prescribing Support Consultant Dietitian , Hertfordshire & West Essex ICB
Date ratified by APC	July 2022 (Updated February 2024)