

Food Fortification Leaflet

for People with Diabetes

Ways to enrich food...without having to eat more

Butter or margarine: 1 level teaspoon = 50 calories

- Add generously to vegetables and potatoes
- Butter toast and scones when hot

Double cream: 1oz/30mls/2 tablespoons = 130 calories

- Add generously to soups, sauces, desserts or porridge

Mayonnaise: 1 level tablespoon = 100 calories

- Add generously to salads, potatoes or sandwiches

Cheese: 1oz/30g/matchbox size = 120 calories

- Use generously on bread, crackers, scones, toast
- Grate over scrambled egg, vegetables or potatoes

Milk powder: 4 level tablespoons = 200 calories

- Add 4 tablespoons of milk powder to 1 pint of full cream milk. Use instead of ordinary milk in tea / coffee, on cereals or to make milk puddings**

** may not be suitable for patients with kidney disease

Suitable Snacks

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| <ul style="list-style-type: none">• Crackers or toast and cheese• Cereal (avoid sugar coated varieties)• Yoghurts / fromage frais• Milk or hot milky drinks | <ul style="list-style-type: none">• Oatmeal or digestives with butter• Nuts• Crisps / Breadsticks and dips• Sugar free jelly with fruit and cream |
| <ul style="list-style-type: none">• Scone, pancake, crumpet or teacake with butter & reduced sugar jam• Reduced sugar custard or rice pudding with cream added• Sandwiches with meat, egg, cheese or fish (add mayonnaise) | |

Health Care Professional Contact Details:

Developed by NMSGC dietitians and ratified by
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FOOD
FIRST

 **NMSGC Nutrition Support / Malnutrition:**
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allied-health-professionals-ahps/dietetics/
nutrition-support-malnutrition/](https://www.nmsgc.org.uk/your-health/health-services/allied-health-professionals-ahps/dietetics/nutrition-support-malnutrition/)  **@NMSGCDiet**