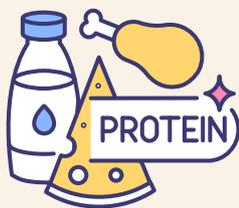


Key points to support a food first approach for residents who **require** it

What is fortification?

Food fortification, also known as food first means adding additional calories, protein and micronutrients to food to increase the nutritional value in the same or a similar portion. Food fortification is a useful tool for those at risk of malnutrition, losing weight or have a generally poor appetite.



Food first strategies

-  Offer familiar foods
-  Make meals attractive
-  Use suitable portion sizes, offer second helpings
-  Ensure meals, snacks and drinks are high in calories and protein
-  Use feeding aids and utensils
-  Allow sufficient time between meals
-  Ensure resident comfortable and prepared for meal
-  Remember fresh air and exercise promotes good appetite

Why do we fortify?

-  To increase the nutritional value of a residents diet
-  Provides extra nourishment using familiar foods
-  To avoid having to ask the person to eat more
-  Way of offering extra nourishment with less food
-  Improves the flavour of foods

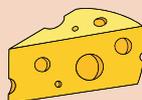
Who would benefit?

All residents on a MUST step 5 should be given a fortified diet. You may also find that fortification needs to be continued after the MUST step 5 is stopped, to support weight maintenance. If somebody continues to gain weight and is reaching a higher BMI, discontinue fortification.

Fortifiers

Protein:

- 30g skimmed milk powder = 100kcal and 10g protein
- 1 pint fortified milk (using whole milk) = 600kcal and 40g protein
- 3 dessertspoons evaporated milk = 75kcal and 3g protein
- 2 tablespoons nut butter = 200kcal and 8g protein
- 30g cheese = 125kcal and 8g protein



Carbohydrates:

- 1 teaspoon of sugar = 20kcal
- 1 teaspoon jam or honey = 40kcal
- 1 heaped teaspoon of hazelnut chocolate spread = 80kcal



Fats:

- A 9g butter pat = 75kcal
- 3 dessertspoons of single cream = 60kcal

