

# Food Fortification Leaflet

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

## **Sugar or glucose: 1 level teaspoon = 16 calories**

Add liberally to cereals, drinks, desserts or yoghurts<sup>#</sup>

- Spread marmalade, jam or honey

## **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<sup>\*\*</sup>

<sup>#</sup> not suitable if patient has diabetes

<sup>\*\*</sup> may not be suitable for patients with kidney disease

### Health Care Professional Contact Details:

Developed by NHSGGC dietitians and ratified by  
NMUC of ACTC July 2020

**FOOD**  
FIRST

 **NHSGGC Nutrition Support / Malnutrition:**  
[https://www.nhsggc.org.uk/your-health/health-services/  
allied-health-professionals-ahps/dietetics/  
nutrition-support-malnutrition/](https://www.nhsggc.org.uk/your-health/health-services/allied-health-professionals-ahps/dietetics/nutrition-support-malnutrition/)

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