

How to fortify your food and drinks

Fortification might be recommended by a dietitian or healthcare worker if you have a small appetite, have difficulties with eating, or are losing weight without trying. The examples given can be added to food and drinks for extra energy (calories) and protein. Use higher protein options where possible and only use items suitable for you in relation to any allergies, intolerances, health conditions, personal preference, and the food or drink being fortified. Not all these suggestions are suitable for people with swallowing difficulties so please seek additional advice from your healthcare professional if this applies to you.

One tablespoon (15ml/15g) of:	One teaspoon (5ml/5g) of:
<ul style="list-style-type: none"> • Skimmed milk powder (52 calories, 5.4g protein) • Full cream milk powder (74 calories, 3.9g protein) • Grated cheddar cheese (62 calories, 3.8g protein) • Smooth peanut butter (91 calories, 3.4g protein) • Ground/flaked almonds (92 calories, 3.2g protein) • Condensed milk (47 calories, 1.1g protein) • Houmous (46 calories, 1g protein) • Full fat plain yoghurt (12 calories, 0.9g protein) • Full fat cream cheese (38 calories, 0.8g protein) • Coconut cream (53 calories, 0.6g protein) • Single cream (29 calories, 0.5g protein) • Crème fraiche (57 calories, 0.3g protein) • Whipping cream (57 calories, 0.3g protein) • Avocado (26 calories, 0.3g protein) • Single soya cream (20 calories, 0.3g protein) • Mayonnaise (103 calories, 0.2g protein) • Clotted cream (88 calories, 0.2g protein) • Double cream (74 calories, 0.2g protein) • Elmlea Double Plant Based Cream Alternative (43 calories, 0.1g protein) • Double oat cream (38 calories, 0.1g protein) • Single oat cream (21 calories, 0.1g protein) • Olive/nut/sunflower oil (135 calories) • French dressing (50 calories) 	<ul style="list-style-type: none"> • Tahini paste (30 calories, 0.9g protein) • Green pesto (21 calories, 0.3g protein) • Butter (37 calories, 0.1g protein) • Sugar (20 calories) • Golden syrup (15 calories) • Honey (14 calories) • Jam (13 calories)

Sources of information

Public Health England (2015) *McCance and Widowsen's Composition of Foods Integrated Dataset*. Available at: <https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid>. (accessed 15/11/2021) for values apart from Elmlea Double Plant Based Cream Alternative, oat cream and soya cream (manufacturer websites accessed 18/01/2023)

British Dietetic Association [Spotting and treating malnutrition | British Dietetic Association \(BDA\)](#) (accessed 16.12.2022).

Your Guide to Making the Most of Your Food – Advice for Patients and Carers, Malnutrition Pathway https://www.malnutritionpathway.co.uk/library/pleaflet_yellow.pdf (accessed 16.12.2022)

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

If you have a medical condition, food allergies or issues with swallowing for which you have received special dietary advice, the information in this leaflet may not be right for you. Please discuss with your healthcare professional.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

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Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The Clinical Specialty/Unit that have agreed this patient information leaflet:
Department of Nutrition and Dietetics

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