

Patient information

How to make fortified milk

Why might I need fortified milk?

Fortifying milk with dried milk powder adds extra nutrition to the milk without having to use more of it. This can be helpful if you have a small appetite, are struggling to eat or drink, or if you are losing weight without meaning to. This does not replace individual advice given by your doctor or other healthcare worker.

Here are some examples of the nutritional content of fortified milk compared to other types of milk:

Type of milk (per pint/568ml)	Energy	Protein
Fortified full fat (whole) milk	581kcal	42g
Full fat (whole) milk	372kcal	20g
Semi-skimmed milk	271kcal	21g
Skimmed milk	201kcal	21g

How to make fortified milk

1. Take one pint of full fat (whole) milk ("blue top"), ideally in a jug or container with a lid.
2. Add four heaped tablespoons (60g) of **dried milk powder**. This can be a supermarket own version of dried milk powder, or a brand such as Marvel or Nido®, and can be skimmed or full fat.
3. Mix well until all the powder has dissolved.
4. Use immediately or cover and store in the fridge until needed and as per the best before date.

Top tips

- ✓ Add one tablespoon of milk powder at a time and mix well before adding the next
- ✓ Use a funnel to add the dried milk powder to the milk if you find this easier

How to use fortified milk

Aim to use one pint of fortified milk per day. Ideas of how to use it include:

- Drink it on its own or use in milkshakes
- Add it to tea, coffee and hot milky drinks such as hot chocolate, Horlicks® or Ovaltine®
- Use on breakfast cereal or in porridge
- Use to make milky puddings such as custard or instant whip
- Add to mashed potato or use in cheese sauce or white sauce

Sources of information

- McCance and Widdowson 2021 [Composition of foods integrated dataset \(CoFID\) - GOV.UK \(www.gov.uk\)](#) – accessed 30/08/2024
- East Sussex Healthcare NHS Trust Nutrition and Dietetic Department

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are 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

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or 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 following clinicians have been consulted and agreed this patient information:
East Sussex Healthcare NHS Trust Nutrition and Dietetics Department

Next review date: February 2027
Responsible clinician/author: Emma Jones on behalf of the community nutrition support team

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk