A fortified diet is higher in calories and is usually recommended short term. You still can maintain a healthy balance whilst trying to gain or maintain your weight. The healthy heart tips (♥) indicate healthier choices you can make if you are concerned or have been advised to fortify your diet longer term.

### Carbohydrate:
Main source of energy and fibre.  
**Examples:** Bread, cereals, rice, potatoes, pasta, oats, grains etc.  
♥ Choose wholegrain options, such as porridge, muesli or wholemeal bread to help keep your digestive system and heart healthy.  
☐ Add margarine, cheese, mayonnaise or oil into savoury options such as mashed potato, lasagne or sandwiches.  
☐ Add sugar, honey, cream or dried milk powder into sweet options such as semolina, rice pudding or cereal.

### Protein:
Supports growth and our body structure.  
**Examples:** Meat, fish, poultry, vegetarian alternatives, lentils, pulses, beans, eggs, nuts etc.  
♥ Help to reduce cholesterol by choosing lentils, beans and pulses.  
☐ Try high protein toppings on your toast such as sardines, scrambled egg or peanut butter.  
☐ Add extra pieces of meat into soups, casseroles, stews or pies.

### Fruit & Veg:
Provide vitamins, minerals and fibre.  
**Examples:** Banana, berries, apple, carrot, peas, sweetcorn etc.  
♥ Choose a rainbow of colours to get a range of antioxidants to help keep your arteries clear.  
☐ Make nourishing smoothies or milkshakes using fresh, tinned or frozen fruits.  
☐ Serve vegetables with a sauce or accompaniment such as a rich gravy, cheese sauce or honey.
Dairy: Supplies calcium needed to strengthen our bones.
Examples: Milk, dried milk powder, yoghurt and cheese etc.
♥ Use dried milk powder to boost protein and calcium without any additional fat.
☐ Choose full fat varieties as these are higher in calories.
☐ Fortify your milk by adding 2-4 tablespoons of dried milk powder to a pint of milk, mix well and then use like regular milk.

Fats & Sugars: Promote weight gain and provide insulation.
Examples: Margarine, oil, pastries, cakes, biscuits and sweets etc.
♥ Oils found in fish are good for the heart. Try eating oily fish like salmon, herrings, sardines or trout once a week.
☐ Use vegetable/olive oil and spreads in place of animal fats, like butter or lard, to lower your saturated fat intake.
☐ Clean your teeth regularly using fluoride toothpaste to protect against tooth decay.

Example of a Balanced Fortified Meal Plan

☐ Breakfast: Weetabix or porridge with fortified milk and honey, served with mixed berries or dried fruit and a glass of orange juice.

☐ Mid-morning: A cup of tea or coffee with fortified milk and a shortbread finger or a banana.

☐ Lunch: Shepherd’s pie made with a rich gravy and creamy mashed potato, followed by apple crumble and custard made with fortified milk.

☐ Mid-afternoon: A nourishing fruit smoothie or milkshake and a slice of fruit malt loaf with margarine or a handful of nuts.

☐ Dinner: Scrambled eggs made with margarine and fortified milk or tinned sardines on toast with spread followed by a creamy fruit yoghurt dessert.

☐ Before bed: Hot chocolate or Horlicks made with fortified milk and sugar.