

## Fortified Diet Plan

The following dietary changes can be tried to help prevent weight loss and encourage weight re-gain. Discuss with your Nurse/Healthcare professional which options you should try.

- Eat 'little and often'**: try small, nourishing meals, snacks and drinks every 2-3 hours throughout the day
- Use full cream milk**: aim for 1 pint / 600mls per day
- Fortify your milk**: add 2-4 heaped tablespoons of dried skimmed milk powder and blend into 1 pint full cream milk. Chill in the fridge and then use on cereals, in porridge, to make up sauces, soups, desserts, jellies, milky drinks etc
- Add dried skimmed milk powder** to soups, milk puddings, custards, mashed potatoes: try adding 2-3 teaspoons per portion of food
- Choose full fat and full sugar\* products** rather than 'diet' 'reduced/low fat' 'low sugar' or 'healthy eating' varieties as these provide more calories
- Add knobs of butter and margarine** to vegetables, potatoes etc and **add grated cheese** to soup, mashed potato, jacket potato, scrambled eggs etc
- Serve main meals** with a creamy sauce eg. cheese sauce, parsley sauce
- Add cream or evaporated milk** to soups or puddings eg. stewed / canned fruits, custard, rice puddings etc and **add sugar\*** to cereals, drinks, desserts. Serve jam, honey, syrup on bread, milk puddings etc.
- Have snacks between meals** and at bedtime. Try toast with butter and jam, cheese sandwich, cereal with milk, creamy or Greek yogurt, cake, biscuits, full fat mousse, cream cheese and crackers, dried fruit and nuts, or try a nourishing drink
- A little alcohol** before a meal can stimulate appetite, but check with your GP or chemist first if you take any medications
- For a balanced diet** choose a wide variety of foods. At each meal try to have a protein food (meat, fish, egg, cheese, milk, vegetarian alternative ie Quorn, soya) and a starchy food (bread, cereals, potato, rice, pasta). Eat fruit and vegetables every day – puree or take as juice if easier
- Have plenty of nourishing fluids**: aim for 8 glasses (2 litres) a day. Try sweetened fruit juice\*, chilled or warmed fortified milk, coffee, hot chocolate or malted drinks made with all milk (fortified) or milk shakes. Choose drinks with high sugar content eg fruit juice, lemonade, full sugar squash

- **Consider an A-Z multivitamin and mineral supplement** if you are only eating a small amount or a limited variety of foods. Avoid these however if you are taking 3 or more supplement drinks daily (such as Complan, Build Up or Foodlink Complete)

**\*If you have diabetes, continue to choose sugar free drinks. You can have a moderate amount of sugar containing foods.** Contact your Nurse or GP if you have concerns such as continued weight loss, difficulty taking solids, worsening appetite, limited food variety, or you have diabetes and are experiencing high blood sugars or sugar in your urine.

## How to fortify some common foods

**Here are some examples to show how easy it is to fortify your diet:  
please note tsp = teaspoon / tbsp = tablespoon**

- 1 tbsp dried skimmed milk powder (9g) = 30kcal and 3.3g of protein
- 1 tsp dried skimmed milk powder (3g) = 10kcal and 1.1g of protein
- 1 tsp sugar (5g) = 20kcal and 0g of protein
- 1 heaped tsp honey (17g) = 50kcal and 0g of protein
- 1 tsp butter (5g) = 37kcal and 0g of protein
- 10g cheddar cheese = 42kcal and 2.5g of protein
- 1 tsp double cream (10g) = 50kcal and 0.2g of protein
- 2 large dates (40g) = 108kcal and 1.3g of protein

### **Scrambled egg with whole milk (120g)**

Before fortification: *308kcal and 13.1g of protein.* Add 1 tsp butter, 2 tsp of dried skimmed milk powder and 45g of cream cheese:  
*603kcal and 15.8g of protein*

### **Porridge with whole milk (150g)**

Before fortification: *170kcal and 7.2g of protein.* Add 2 tsp of dried skimmed milk powder, 1 tsp of double cream, 1 tsp of sugar and 2 chopped dates:  
*368kcal and 10.9g of protein*

### **Custard with whole milk (150g)**

Before fortification: *142kcal and 4.7g of protein.* Add 2 tsp of dried skimmed milk and 2 tsp of double cream:  
*262kcal and 7.3g of protein*

### **White sauce with whole milk (30g)**

Before fortification: *45kcal and 1.3g protein.* Add 1 tsp of double cream, 2 tsp of dried skimmed milk powder and 10g of cheddar cheese:  
*157kcal and 6.2g of protein*

### **Boiled Carrots (30g)**

Before fortification: *7kcal and 0.2g of protein.* Add 1 tsp of butter and 2 tsp of honey:  
*90kcal and 0.2g of protein*

### **Mashed Potato (60g)**

Before fortification: *62kcal and 1.1g of protein.* Add 1 tsp butter, 2 tsp of dried skimmed milk powder and 1 tsp of double cream:  
*170kcal and 3.5g of protein*