

Keeping Healthy on a High Calorie Diet

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.