

Food fortification

N.B. For textured modified diets, please ensure added extras are mixed well, and do not change the consistency. If any concerns, please do not offer, and contact the Dietitians

For residents with a MUST score of 1 or above **FOOD FIRST APPROACH** can be used:

Nourishing Drinks

- Homemade milkshakes and fruit smoothies made with 1 pint of milk and 4 tablespoons of milk powder. Using full cream milk to make Ovaltine®, Horlicks®, hot chocolate and coffee.
- For residents who dislike milky drinks, try to offer squash, pure fruit juices, Lucozade, full calorie fizzy drinks. **N.B. please avoid if the patient is diabetic.**

Dessert

- Offer puddings or desserts after each main meal (e.g. rice pudding, custard, ice-cream, jelly with fruit cocktail, cake, chocolate profiteroles, tinned fruit in syrup).
- Other dessert options such as yoghurt pot, fruit with sweet sauce or jam, mini ice-cream cone, cream cheese or dips with crackers for residents with small appetite.

Food Fortification

- Enriching food is another useful way of increasing the energy and protein content of a food without having to eat more. Examples include:
 - Adding 4 tablespoons of dried milk powder per pint of full cream milk
 - Adding cream, cheese, peanut butter or butter to savoury foods such as soup, mashed potato, vegetables or pureed foods
 - Adding cream, condensed milk or evaporated milk to milky drinks, puddings, cereals, or snacks.
 - Sugar, honey or syrup can be added to drinks, cereals and puddings – avoid artificial sweeteners and low calorie substitutes
 - For non-dairy food fortification – use added oil (e.g. olive oil, sunflower oil), pesto, mayonnaise, gravy and sauce to dishes.

Who to contact

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