

Food First in Care Homes: Increasing Nutritional Intake by 500 Calories

To help a resident stop losing weight or regain lost weight, it is usually necessary for them to take in an extra 500 calories daily. The suggestions in each of the three sections below will provide in total around 500 –1000 calories.

1) Offer 1 pint fortified milk as a drink

Recipe for fortified milk: add 4 tablespoons of milk powder to 1 pint of full cream milk (566 calories per pint)

- Boost calories further by adding fortified milk to cereals and hot drinks
- Always have a jug of fortified milk on the drinks trolley and use for residents at risk of Malnutrition
- Use fortified milk to make homemade milkshakes - see Food First in Care Homes: Fortified Drinks and Puddings recipe sheet

2) Offer 2 high calorie snacks daily

Snack/ fortified food	Calorie content per serving
Fortified milk	566 per pint
Glass full cream milk	140
Small thick and creamy yoghurt	160
1 portion rice pudding	110
1 mini roll	120
1 portion of trifle	260
1 mini pork pie	200
2 crackers with margarine and cheese	400
Small egg mayonnaise sandwich	180
Small tuna mayonnaise sandwich	220
Single matchbox sized piece of cheese	120

3) Fortify meals

Add high calorie ingredients to meal items wherever possible. This increases the calorie and protein content without increasing the volume of food to be eaten.

Common Food fortifying ingredients are:

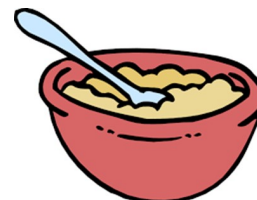
Booster	Calories per tablespoon	Add to
Milk powder	55	Full cream milk, porridge, soups
Butter/ Margarine	60	Porridge, mash , stews
Grated cheese	40	Mash, stews
Double cream	100	Porridge, milk puddings

Fortified Recipes

The Catering Department in your care home should include these fortified recipes in the menu plan for malnourished residents and use this in conjunction with the Fortified Drinks and Pudding recipe sheet

Porridge

Porridge made with water only = 80 Kcals.



⇒ Add 1 tablespoon of milk powder and 1 tablespoon of butter or margarine.

Porridge made with full cream milk, plus milk powder and butter/ margarine = 300 calories.

Soup

1 tablespoon of cream of tomato soup = 80 Kcals



⇒ Add 1 tablespoon of milk powder note: this will sweeten the soup, so may work better with sweeter soups eg cream of tomato, carrot, sweetcorn

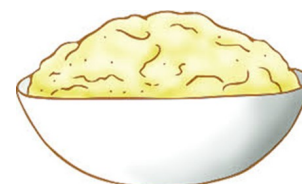
Soup with 1 tablespoon milk powder =135 calories

Soup with 1 tablespoon full cream = 180 calories.

Soup with both 1 tablespoon milk powder and 1 tablespoon full cream = 235 calories.

Mashed Potato

1 portion of mashed potato= 200 calories.



⇒ Add butter/milk powder /cheese:

Mashed potato with 1 tablespoon butter=260 calories.

Mashed potato with 1 tablespoon butter plus 1 tablespoon milk powder= 315 calories.

Rice pudding or custard

1 bowl rice pudding= 110 calories.



⇒ Add cream or milk powder:

Rice pudding with 2 tablespoons full/ double cream= 310 calories.

Rice pudding with 2 tablespoons cream plus 1 teaspoon milk powder= 365 calories.