

Food Fortification

Food fortification is adding extra ingredients to your meals to boost the nutritional content, without changing the portion size, taste or texture very much. **Nutrient-dense ingredients** are encouraged; these contain a mixture of energy, protein, vitamins and minerals.

Below are some examples of nutrient-dense ingredients, with practical suggestions on how to include them in your meals and snacks throughout the day.

Nutrient-Dense Ingredients:



Dried Skimmed Milk Powder

- One tablespoon provides 55kcal and 5.5g of protein.
- Add to porridge, milk puddings, “cream of” soups, cream sauces or white sauces.



Greek Yogurt (or cottage cheese or quark)

- One heaped tablespoon provides 60kcal and 2g protein.
- Add to porridge, curries or pasta sauces.



Cheese (e.g. grated cheddar or parmesan, crumbled feta)

- One tablespoon provides 40kcal and 2.5g of protein.
- Add to potatoes, vegetables, soup, fried egg, pasta.



Nuts and Nut Butters (e.g. peanut, almond or cashew butter)

- One tablespoon provides 95kcal and 5g of protein.
- Add to porridge or spread thickly on toast or crackers.



Ground Almonds

- One tablespoon provides 92kcal and 3g of protein.
- Add to porridge or use in baking or to thicken stews.



Gram Flour (chickpea flour)

- One tablespoon provides 50kcal and 3.5g of protein.
- Use to make pancakes, flatbreads, pakoras, or desserts such as besan laddoo or besan halwa.



Egg (or egg white powder)

- One egg provides 75kcal and 6g of protein.
- Add whisked egg to mashed potato, custard, milky puddings or stir fries.



Seeds (e.g. chia, pumpkin, sunflower) or Tahini (sesame seed paste)

- One tablespoon provides 85kcal and 3.5g of protein.
- Add seeds to breakfast cereals, yogurts, salads or soups.
- Use tahini in dressings or dips.



Protein Powder (e.g. soya, pea or whey)

- One tablespoon provides 60kcal and 11g of protein.
- Add to soups or stews.

Energy-Dense Ingredients:

The following ingredients are not nutrient-dense because they mainly provide energy. These can be useful to include in your diet, but you should aim to use them together with nutrient-dense ingredients and as part of a balanced diet.



Olive Oil

- One tablespoon provides 120kcal.
- Drizzle on vegetables, pasta or other meals.



Butter (or ghee, margarine, coconut oil)

- *Use with caution if you have high cholesterol*
- One tablespoon provides 110kcal.
- Add to all hot savoury foods, spread thickly on bread or toast.



Mayonnaise (or cream cheese)

- One tablespoon provides 100kcal.
- Add to sandwiches, baked potatoes, finger foods.



Pesto (or harissa)

- One tablespoon provides 60kcal.
- Drizzle on vegetables or salads or stir into pasta, soups, stews.



Honey (or sugar, maple syrup, jam, chocolate spread)

- One tablespoon provides 45kcal.
- Add to porridge, cereal, or spread on toast.



Double Cream (or crème fraîche)

- *Use with caution if you have high cholesterol*
- One tablespoon provides 100kcal.
- Add to porridge, milk puddings, mashed potatoes, soups.



Dried Fruits

- One tablespoon provides 50kcal.
- Add to porridge, cereal or use in baking.



Avocado

- Half a medium avocado provides 80kcal.
- Add mashed or sliced avocado to sandwiches or salads.

Nutrient-Dense Recipes

Find ideas below for how to fortify foods with nutrient-dense and energy-dense ingredients.

These recipes should be used as part of a balanced diet which contains fruit, vegetables, starchy carbohydrates, protein sources and dairy products (or plant-based alternatives).

Fortified Porridge

Serves 1. Contains 463kcal and 20g of protein.

Ingredients

- 30g porridge oats
- 225ml full-fat milk
- 1 tablespoon dried skimmed milk powder
- 1 teaspoon double cream
- 1 tablespoon peanut butter
- 2 chopped dates
- Honey or sugar to taste

Method

- Make porridge by mixing porridge and full-fat milk as per packet instructions
- Stir all remaining ingredients into the porridge



Chia Seed Overnight Oats

Serves 1. Contains 380kcal and 14g of protein

Ingredients

- 40g porridge oats
- 1 tablespoon chia seeds
- 1 heaped tablespoon Greek yogurt (or high-protein plant-based alternative)
- 125ml full-fat milk (or plant-based alternative)
- Honey or sugar to taste

Method

- Mix all ingredients together in a bowl or jar and chill overnight.
- When ready to serve, add a little more milk if required and top with fruit.



Fortified Scrambled Egg

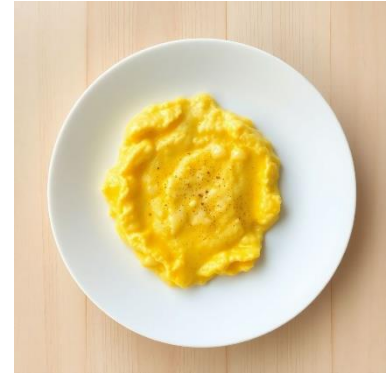
Serves 1. Contains 245kcal and 18g of protein.

Ingredients

- 2 eggs
- 1 teaspoon olive oil
- 2 teaspoons dried skimmed milk powder
- 1 tablespoon grated cheddar or parmesan cheese

Method

- Mix together all ingredients and cook to desired texture.
- Try serving with toast and avocado.



Fortified Mashed Potato

Serves 1. Contains 368kcal and 16g of protein.

Ingredients

- 200g potatoes
- 2 teaspoons butter
- 2 tablespoons full-fat milk
- 1 tablespoon skimmed milk powder
- 1 egg (whisked)

Method

- Peel and boil the potatoes.
- Add the butter, milk, milk powder and egg and mash together.



Fortified Soup with Bread

Serves 1. Contains 500kcal and 16g of protein.

Ingredients

- 200ml (half tin) of 'cream of' tomato soup
- 1 tablespoon pea protein powder
- 1 tablespoon pesto
- 1 tablespoon toasted pine nuts
- 1 slice of bread, thickly spread with butter

Method

- Heat the soup as per label instructions.
- Stir in the protein powder and pesto and top with the toasted pine nuts.
- Serve with the buttered bread.



Fortified Pudding

Serves 1. Contains 464kcal and 12.5g of protein.

Ingredients

- Half a packet of Angel Delight®
- 3 tablespoons skimmed milk powder
- 75ml double cream
- 75ml full-fat milk

Method

- Mix the milk powder and Angel Delight® then gradually add in the milk and finally add the cream.
- Leave in the fridge to set for 5 minutes.



Dairy-Free Chocolate Mousse

Serves 6. Contains 492kcal and 7g of protein per serving.

Ingredients

- 225g dairy-free chocolate
- 170g dairy-free spread (e.g. Vitalite® Dairy Free Spread, Pure® Dairy Free Spread, Flora® Freedom Dairy Free Spread)
- 5 medium eggs
- 100g caster sugar

Method

- Melt the chocolate using a hob or microwave.
- Separate the egg yolks from the egg whites.
- Whisk the egg yolks with most of the sugar until creamy and pale (reserve 2 teaspoons of sugar for the egg whites).
- Whisk the melted chocolate into the egg yolk and sugar, then mix.
- Melt the butter and add to the chocolate and egg yolk, then mix.
- Whisk the egg whites and remaining sugar until soft peaks form.
- Fold the egg whites into the chocolate mix using a metal spoon.



For more ideas to boost your food intake please scan the QR code or follow the link to see [Food-Based Resources](#).

