



Cardiff & Vale

Nutrition and **Dietetics**

Maetheg a **Dieteteg**

Caerdydd a'r Fro

Fortifying and Enriching your Diet

Name:

Date:

Dietitian:

Telephone:



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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Introduction

Following a period of illness, you may have experienced a poor appetite and reduced food and fluid intake which can put you at risk of weight loss and malnutrition.

Malnutrition can be minimised by enriching your current diet with high calorie and high protein foods. This can be done by fortifying the normal foods you eat and having nourishing drinks and snacks between meals. Over the days, weeks and months this can help to tip the energy and protein balance to promote your recovery.

Healthy eating guidelines for the general population do not apply to you at this time. Please note that this diet is a short term intervention until a healthy weight or recovery is achieved, adherence to a healthy balanced diet after this is recommended.

If you have any ongoing concerns regarding your weight and/or appetite please contact your GP who can refer you to the community Dietetic department for further advice and support.

Some Tips for Eating Well

- Try to eat little and often, by having small frequent snacks rather than just three meals a day.
- Aim to include some protein rich foods in each meal or snack, such as meat, fish, milk, cheese, eggs, beans, nuts and soya (e.g Tofu).
- Try to select your favorite foods to tempt your appetite and by making food look attractive.
- Take drinks after meals rather than with meals so that they do not fill you up. Carbonated (fizzy) drinks can also make you feel full.
- You don't need to spend a long time preparing meals. A supermarket ready meal and frozen mixed vegetables will provide most nutrients.
- You can order ready meals that are delivered to your door or even to your kitchen.

Foods to fortify your meals or snacks

Milk

Adding dried skimmed milk powder to full cream milk can significantly increase the energy and protein content of milk that can be used for cereals, tea, coffee, hot milky drinks, milk puddings and as a drink throughout the day. Add 2 to 4 heaped tablespoons of skimmed milk powder to 1 pint of full cream milk. Try making a paste with a little milk first then add to the rest of the milk and shake or whisk well to ensure it is completely dissolved.



- 1 pint of fortified full cream milk can provide **490-600kcal, 30-40g protein**
- A 200ml glass of fortified full cream milk can provide up to **210kcal, 14g protein**

Have fortified full cream milk as a drink between meals instead of water to quench your thirst and to provide additional calories and protein.

Cheddar cheese

Add a matchbox size portion (30g) of grated cheese to mash potatoes, soups, salads and sauces to provide an additional **125kcal and 8g protein**.



Nuts

A small handful of mixed or ground nuts or seeds added to breakfast cereals, curries and stir fries can provide an additional **125kcal and 8g protein**.



Dried Fruit

A tablespoon of dried fruit added to your cereal or salad can add another **85kcal**.



Oil/Fats

Vegetable oils such as olive oil or fats such as butter can be added to salads or vegetables or you could try frying foods such as fish in olive oil to add extra calories. Spread butter or margarine thickly onto bread, scones or crumpets. Each teaspoon can provide up to **45kcal**.



Cream

Add cream to your puddings, breakfast cereal, soup, fruit, dessert, mash or scrambled egg. A tablespoon of double cream provides **75 kcal**.



Sugar and Honey

Sweeten your foods with some sugar or honey. You could add it to your breakfast cereals, puddings, tea and coffee or stewed fruit. Each teaspoon will provide up to **50kcal** extra.



Croutons

Add 5 croutons to your soups and salads to provide an additional **35kcal** and **1g protein**.



Fortified Milkshake Drinks

- **Standard flavoured milk shake drink**
270-595kcal, 9-20g protein
- **Choc Mint Shake**
200ml fortified milk
Chocolate flavouring
1 scoops chocolate ice-cream 4 drops peppermint essence Blend all ingredients together 521kcal + 20g protein
- **Mocha Milk**
200ml fortified milk
1 tsp instant coffee
1 tsp drinking chocolate powder
Heat the fortified milk
Stir in coffee and chocolate powder
245kcal + 14g protein
- **Spiced Milk**
200ml fortified milk + 1 tsp syrup
Pinch of cinnamon and mixed spice
Warm milk, add syrup and spices
256kcal + 14g protein
- **Flavoured Milk Shake**
200ml fortified milk
1 scoop ice-cream
Milkshake syrup or powder
Blend ingredients together and serve
390kcal + 16g protein
- **Banana Drink**
200ml fortified milk
1 sliced banana
1 hazelnut (or fruit flavour) yoghurt
1 scoop ice-cream
Blend the milk, banana and yoghurt
Pour into a glass and top with ice-cream
586kcal + 23g protein



Vitamins and Minerals

Vitamin and mineral requirements can easily be met through a varied and balanced diet of regular meals and nourishing snacks, however if your appetite is poor you may benefit from short term supplementation of a multi-vitamin and/or mineral.

Vitamin D

As many of us are having to stay indoors more than usual and we normally get Vitamin D from the sun, people with little or no sun exposure should consider taking 10 micrograms supplement each day (even in spring/summer months) Vitamin D can be purchased from supermarkets or pharmacies.

Caution

Some of the snack ideas in this leaflet may not be suitable for those with swallowing or chewing difficulties. For further information please discuss with your Dietitian or GP.

If you have high blood pressure or diabetes, please discuss this with your Dietitian as some of the snacks listed may not be appropriate for you.

Comparison of a Standard and Enriched Menu Plan

Meal	Standard	Enriched
Breakfast	Porridge made with water Cup of coffee	Porridge made with fortified milk and a handful of raisins Cup of milky coffee made with fortified milk
Mid-morning	Cup of tea	Cup of milky tea made with fortified milk and 2 rich tea biscuits
Lunch	¼ tin of baked beans on 1 slice of dry toast	¼ tin of baked beans on 1 slice of toast with butter thickly spread and grated cheddar cheese
Mid-afternoon	Cup of coffee made with semi-skimmed milk	Cup of milky coffee made with fortified milk
Evening Meal	Oven baked cod fillet with a few boiled new potatoes and peas	Cod fillet fried in vegetable oil, mashed potato made with fortified milk and grated cheese, peas with a knob of butter
Supper	Cup of tea	Horlicks made with fortified milk and 2 squares of chocolate
Total	502kcal 35g protein	1681kcal 84g protein

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This information may be available in other languages and formats. Please inform your Dietitian if you would benefit from this service.

Stated calorie and protein contents are based on an average estimation.