



**Food fortification – examples of extra energy and protein that can be added to fortify meals using everyday food items**

	Amount **	Added to	Additional calories (kcal)	Protein Content (grams)
<b>Savoury</b>				
*Mayonnaise or salad cream	1tbsp	Sandwiches, mashed potato, as a condiment to meals	100	0
*Grated cheese	1 tbsp	Meals, mixed in mashed potato, added to soups	40	2.5
<b>Sweet</b>				
Sugar	1 tsp	Desserts, drinks, cereals	20	0
*Ice-cream	1 scoop	Desserts	105	2
Honey	1 tsp	Desserts, drinks, vegetables	50	0
Chocolate, grated or melted	2 squares	Desserts or drinks or eaten as a snack	70	1
Jam	1 tsp	Bread / desserts	50	0
Dessicated coconut	1 tbsp	Desserts / cereal	60	0.5
Chopped dried fruit	1 tbsp	Desserts / cereal	85	0
<b>Dairy</b>				
*Double cream	1 tbsp	Mashed potato, porridge, soups, stews, hot chocolate, desserts	135	0.5
*Butter or margarine	1 tbsp	Potatoes or other cooked vegetables or eaten on bread.	100	0
Dried skimmed milk powder	1 tbsp	Milk and other milky drinks	55	5.5
*Greek yoghurt	1 tbsp	Stews, cereal, desserts	61	2
Milkshake powder	4 tsp	Milk	60	0

\*Use fullfat varieties – not low fat / low sugar

\*\* tbsp. = tablespoon (15ml)      tsp = teaspoon (5ml)

1 carton Ensure Plus® 220ml contains 330kcal and 13.8g protein

1 carton Aymes Shake® (made with 200ml whole milk) contains 388kcal and 15.6g protein