The fortified diet recipe book

Focus on Undernutrition is part of the Nutrition and Dietetics Service in County Durham and Darlington

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www.focusonundernutrition.co.uk

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Introduction

Many people will require their meals to be adapted to prevent them from losing weight and becoming undernourished, these include people who:

■ Are identified as moderate or high risk using the ‘MUST’ screening tool
■ Have unintentionally lost weight
■ Experience a poor appetite
■ Require a pureed diet
■ Receive nutritional supplements such as Complan Shake, Fortisip, Ensure Plus,

It is essential that meals are adapted by adding small quantities of everyday foods such as cream, butter, milk, milk powder to a food dish to increase the energy and nutrient content of the meal, without increasing the portion size. This enables every mouthful to be full of nourishment. This type of meal is often referred to as a “fortified diet”

Aspects of a fortified diet

Moderate risk of undernutrition:

1. At each meal at least one food dish is fortified following the Focus on Undernutrition recipes on pages 28 to 34
2. Nourishing snacks are provided at mid afternoon and supper
3. Nourishing drinks are encouraged throughout the day

High risk of undernutrition:

1. As for moderate risk (fortified diet, nourishing snacks, nourishing drinks)
2. People at high risk of undernutrition are given homemade fortified drinks twice a day, following the recipes on pages 17 to 27

People who require a fortified diet often experience a poor appetite. If so a small meal size it is important they are offered one, because older people with a poor appetite may find large quantities of food “off putting”.

How to prepare a fortified diet (high calorie, protein diet)

A fortified diet is where meals are adapted by adding small quantities of everyday foods, such as cream, butter, milk, and milk powder, which increases the calorie and nutrient content without increasing portion size. Foods which are practical to increase the calorie and nutrient content of custard, porridge, milk puddings, soup, mashed potatoes, vegetables and milk.
Nourishing snacks

Nourishing snacks are an essential part of a fortified diet. People who require a fortified diet should be encouraged to eat a small, nourishing snack twice a day, ideally at mid afternoon and supper.

The nourishing snacks below are categorised as being the equivalent in calories to eating 4, 6 or 8 plain biscuits. The list is not exhaustive and other snacks such as cheese on toast, piece of quiche or pizza, mini scotch egg.

A plain commercial biscuit is not a suitable nourishing snack, because it only contains 35 calories.

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**Equivalent to 4 plain biscuits (140 calories)**
- Cheese/pate/ham sandwich (1 slice, butter, pate/cheese/ham)
- Plain fairy cake
- Malt loaf (1 slice with butter)
- Fruit scone (1/2 scone with butter & jam)
- Hot cross bun (1/2 bun with butter & jam)
- Sausage roll (medium)
- Crisp (standard packet)
- Ice cream (1 scoop)
- Meringue nest and cream
- Jam tart / bakewell tart (individual)
- Cereal bar (e.g. Trackers, Jordons)
- Dried fruit (handful, e.g. raisins, apricots)
- Cheese (small matchbox size)
- Individual pot of rice pudding/custard

**Equivalent to 6 plain biscuits (210 calories)**
- Teacake (1/2 with butter & jam)
- Crumpet (1 crumpet, with butter & jam)
- Sponge or fruit cake (a slice)
- Pork pie (medium)
- Fruit pie (individual)
- Doughnut (mini or ring)
- Trifle (individual)
- Cheesecake (individual)
- Rich chocolate mousse (individual)
- Yoghurt (thick and creamy version)

**Equivalent to 8 plain biscuits (280 calories)**
- Flapjack (small slice)
- Fruit scone & cream (1/2 fruit scone with butter, jam & whipping cream)
- Malt loaf (2 slices with butter)
- Cheese and biscuits (2 crackers with butter and cheddar)
- Danish pastry
- Chocolate (standard bar: e.g. Mars, Twix)
- Handful of peanuts (50g)
Advice for the underlying causes of undernutrition

As previously discussed some of the causes of undernutrition are difficult to treat, such as the disease process itself or the treatment of the disease. However, some medical symptoms and social difficulties may be resolved to help improve the individual’s dietary intake.

<table>
<thead>
<tr>
<th>Nutritional problems</th>
<th>Suggestions</th>
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<tbody>
<tr>
<td>Poor appetite</td>
<td>Encourage small appetising meals</td>
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<td>Suggest nourishing in-between meal snacks and drinks</td>
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<td>Don’t hurry mealtimes. Try changing the time, place and surrounding of meals</td>
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<td>Encourage to eat when hungry, there is no need to stick to three main meals a day, but have numerous snack meals</td>
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<td>Feeling sick and vomiting</td>
<td>Investigate the use of anti-emetics</td>
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<td>Try plain foods, such as toast, crackers, yoghurt, skinned chicken in sauce, fruit and vegetables</td>
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<td>Avoid greasy, fatty, spicy or hot foods with strong odours</td>
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<td>Eat small amounts often and slowly</td>
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<td>Drink beverages cool or chilled and eat foods at room temperature, hot foods may add to nausea</td>
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<td>Don’t force “favourite foods” when nauseous as the individual may associate this food with feeling sickly</td>
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<td>Wear loose fitting clothes</td>
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<td>Rest after meals, and sit upright for about an hour after meals</td>
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<td>Sore mouth or throat</td>
<td>Sip fluids throughout the day, e.g. 50 -100mls hourly; choose high protein/calorie drinks</td>
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<td>Avoid foods that irritate the mouth such as citrus fruits or juices; spicy or salty foods; rough, coarse or dry foods such as toast and crackers</td>
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<td>Choose soft, moist foods that are easy to chew and swallow, such as milkshakes, bananas, soft fruits, cottage cheese, mashed potatoes, scrambled eggs</td>
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<td>Cook foods until they are soft and tender, mix with sauces to make it easier to swallow</td>
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<td>Use a straw to drink liquids</td>
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<td>Try cold foods as hot and warm food can irritate a tender throat</td>
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<td>Regularly rinse the mouth with water to remove food particles and promote healing</td>
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<td>Investigate antiseptic lozenges and sprays that can numb the mouth and throat long enough to eat meals</td>
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Fortified Recipes
Fortified milkshake

**Ingredients** (1 portion)
- Full cream milk .............................................................. 200mls
- Milk powder ................................................................. 2 tbsp
- Milkshake powder, such as Crusha Syrup, Nesquick Powder to taste

**Method**
- Mix the milk powder into a smooth thin paste with a little of the milk, add the rest of the milk.
- Add the milkshake flavourings to taste.

**Nutritional value:** 300 calories per serving

**Variations**
- Add 1 scoop of ice cream.
- Add 1 tablespoon of double cream.
- Add pureed fruit, such as strawberries, banana.

**Comments:**

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Fortified custard

Ingredients (1 portion)
- Custard made with full cream milk .................. 1 ladle
- Milk powder ................................................. 1 tbsp
- Double cream ............................................. 2 tbsp

Method
- Mix the milk powder into a smooth paste with the cream adding a little full cream milk if necessary.
- Whisk the mixture into the custard.
- Reheat as necessary or cool quickly and store in the fridge to serve cold on the same day.

Nutritional value (calories): Fortified Recipe = 460

Variations
- Serve with hot or cold puddings.
- Use in trifle.
- Blend with pureed fruit to make fruit fool.

Comments:
Fortified chocolate/strawberry mousse

**Ingredients** (Serves 4)
- Instant mousse mix, such as Angel Delight, supermarket own brand versions  
  1 packet
- Full cream milk  
  ¼ pint (125mls)
- Double cream  
  ¼ pint (125mls)
- Milk powder  
  4 tbsp (heaped)

**Method**
- Mix dessert powder with the milk powder.
- Whisk in the milk and cream until thick and creamy.
- Pour into 4 bowls.
- Chill until set.

**Nutritional value (calories):** Fortified Recipe = 400

**Variations**
- Top with a swirl of cream and a chocolate flake or slices of fruit.

**Comments:**