



Nutrition Support

Accessible information about
food fortification for adults
with learning disabilities



Why do I need to add energy?



- Your weight has gone down
- You are not eating enough
- You find it hard to swallow
- Your body cannot use food well because you are ill
- Your medications have changed how food tastes

What can I do to add energy?



Add full fat milk/ condensed/ evaporated milk/ cream with cereal



Add skimmed milk powder to full fat milk- this is called fortified milk



Add grated or soft cheese to soups, vegetables, potato, scrambled egg



Add mayonnaise/ salad cream



Fry foods in oil



Spread more butter on bread/ crackers/ toast



Have snacks in-between meals



Glass of fortified milk with a chocolate or cream/ jam filled biscuit



Stewed fruit with sugar and custard



Crackers and cheese



Peanuts



Cereal/toast

What about fruit and vegetables?



- Have a glass of fruit juice/ fruit smoothie with a meal
- Add fruit to cereal
- Fruit with custard
- Add lettuce, cucumber, tomato with a sandwich add lots of mayonnaise or salad cream
- Have vegetables with butter/ cheese at dinner and lunch

What if I have problems swallowing?



- You may not be able to have some of the foods listed above.
- Speak to your Dietitian and/ or speech and language therapist - they can come up with a plan to help you.

Nourishing drink ideas



Cold Drink

Dark chocolate and strawberry smoothie

What do I need?

- Fresh/ tinned strawberries
- fortified milk (made from 4 tablespoons milk powder to 1 pint full fat milk)
- cream
- 6 x squares of dark chocolate
- strawberry syrup

How do I make it?

- add all ingredients to a plastic container and blend using a blender.
- add ice-cream if you want to.
- add to a cup/ glass to drink.



Hot Drink

Hot chocolate with marshmallows and whipped cream.

- Chocolate syrup or a chocolate flake could also be added to this.

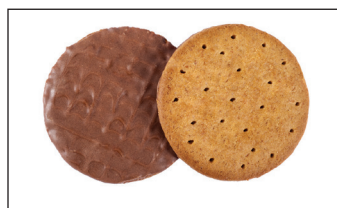
Example meal plan and how to add energy

8am



Cereal + full fat fortified milk+ sugar/ jam plus small glass of orange juice

11am



Tea with fortified milk with 1 or 2 chocolate biscuits/ thick and creamy yoghurt

1pm



Cream of soup with full fat cream cheese and buttered bread

3pm



Cake with full fat custard and a milky drink

6pm



Spaghetti Bolognese with crème fraiche and grated cheese

8pm



Ovaltine/ Horlicks/ Hot chocolate made with fortified milk and marshmallows

First published: June 2017

Review Date: June 2020

Resources :

National Institute for Health and Clinical Excellence. Nutrition support in adults: Oral nutrition support, enteral tube feeding and parenteral nutrition, London, NICE, 2006.

http://essexnet/picture_bank/Photosymbols%203/index.html : last accessed December 2015.

Gall MJ, Grimble GK, Reeve NJ, Thomas SJ: Effect of providing fortified meals and between-meal snacks on energy and protein intake of hospital patients, Clin Nutr, 17(6):259-64, December 1998.