

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)
Savoury				
* Mayonnaise or salad cream	1 tbsp	Sandwiches, mashed potato, as a condiment to meals	100	0
*Grated cheese	1 tbsp	Meals, mixed in mashed potato or baked beans, added to soups, sauces	40	2.5
Sweet				
Sugar	1 tsp	Desserts, drinks, cereals	20	0
* Ice-cream	1 scoop	Desserts, milkshakes	105	2
Honey	1 tsp	Desserts, drinks, vegetables, cereals, on bread	55	0
Chocolate, grated or melted	2 squares	Desserts, drinks, or eaten as a snack	70	1
Jam	1 tsp	Bread, desserts	50	0
Dessicated coconut	1 tbsp	Desserts, cereal	47	0.5
Chopped dried fruit	1 tbsp	Desserts, cereal	76	0
Dairy				
*Double cream	1 tbsp	Mashed potato, porridge, soups, stews, hot chocolate, milkshakes, desserts, sauces, cereals	138	0.5
*Butter or margarine	1 tbsp	Potatoes or other cooked vegetables or eaten on bread	93	0
Dried skimmed milk powder	1 tbsp	Milk and other milky drinks; soups, sauces, custards, milky puddings, mashed potato	32	3
*Greek yoghurt	1 tbsp	Stews, cereal, desserts	55	2
Milkshake powder	4 tsp	Milk	66	0

* Use full-fat varieties – not low fat or low sugar

** tbsp. – tablespoon (15ml)
tsp – teaspoon (5ml)