



Food-based Nutrition Support:

Adding an extra 500kcal & 20g protein a day

A food-based approach to managing malnutrition is focused on the intake of a ‘nutrient dense’ diet. The aim is to provide an additional 500 calories per day using food fortifiers, drinks and snacks which are naturally nutrient dense (so they all provide a range of nutrients).

Increasing your intake by **at least 500 calories across the day** can seem a lot, but it actually only means making 3 to 4 changes to what you usually eat and drink each day.

Ideas of how to add at least 500kcal & 20g protein across the day by adding a drink, snack and food fortifier

milk options

Ideas	Calories (kcal)	Protein (g)
Coffee made with all warmed fortified milk (200ml)	236	17
1 tub thick & creamy yogurt (approx. 125g)	160	5
1 heaped tablespoon skimmed milk powder and 2 tablespoons double cream added to soup/porridge/custard	202	5
	598kcal	27g

savoury options

Ideas	Calories (kcal)	Protein (g)
½ tin or 1 cup-a-soup, fortified*	300	6
Small handful (approx. 30g) mixed nuts	190	7
2 tablespoons (approx. 30g) cheese added to soup/eggs/potato	125	7.5
	615kcal	20.5g

sweet options

Ideas	Calories (kcal)	Protein (g)
Hot chocolate made with all warmed fortified milk (200ml)	296	18
Custard or rice pudding pot (approx. 120g)	115	3.4
1 scoop dairy ice cream added to dessert	106	2
	517kcal	23.4g

vegan options

Ideas	Calories (kcal)	Protein (g)
Fortified vegan milkshake (200ml)	204	23
¼ pot (50g) houmous & 1 pack (approx. 20g) mini breadsticks	235	5.2
1 tablespoon (approx. 15g) peanut butter added to crumpet/toast	92	4
alternative options overleaf ...	531kcal	32.2g

Ideas for high calorie drinks

Fortified vegan milkshake

1 serving

- 200ml sweetened soya milk
- 20g soya protein powder
- 2 tablespoons icing sugar
- 2 teaspoons cocoa powder

Directions: place all the ingredients in a jug and blend together

Fortified milk - 1 pint

- 1 pint whole milk
- 5 heaped tablespoons skimmed milk powder

Directions: Mix the milk powder together with a small amount of milk to make a runny paste. Add the remaining milk and mix well. Store in the fridge and use throughout the day. Can be used for drinks such as milky coffee / hot chocolate / malted drinks / milkshake

Fortified soup*

1 serving

- 1 sachet cup-a-soup made with 200ml water, heated / ½ tin soup, heated
- 1 heaped tablespoon skimmed milk powder
- 2 tablespoons double cream

Directions: Mix the milk powder with a small amount of soup to make a runny paste. Add the remaining soup and cream and mix well

Ideas for snacks over 150kcal

Savoury options

- 1 crumpet with peanut butter
- 2 crackers with cheese or pate
- Mini pork pie or sausage roll
- 1 packet crisps
- Samosa, onion bhajis, spring rolls
- Hot cross bun with butter
- Scotch pancake and butter
- Medium slice pizza
- 1 slice cheese on toast
- Hot cross bun with butter

Sweet options

- Banana & extra thick double cream
- Custard tart
- Mousse
- Small trifle
- Danish pastry
- Chocolate biscuits
- Doughnut
- Scone with butter & jam
- Chocolate bar
- Cake & cream

Ideas for food fortifiers

Food Fortifier	Amount	Calories (kcal)	Protein (g)	Could be added to
Nut butter	1 tablespoon	92	4	Porridge, soups, bread, crackers
Greek yoghurt (full fat)	2 tablespoons	120	4	Fruit, cereal, puddings, pancake
Grated cheese	2 tablespoons	125	7.5	Soups, sauces, potato, egg, bread
Skimmed milk powder	1 heaped tablespoon	52	5	Soups, porridge, milk, custard, sauces
Pea protein powder	1 tablespoon	60	11	Soups, stews, casseroles
Soya protein powder	1 tablespoon	50	14	Soups, stews, casseroles
Tahini	1 tablespoon	100	3.8	Bread, toast, soup, salads
Dairy ice-cream	1 scoop	106	2	Fruit, pancakes, desserts, cake