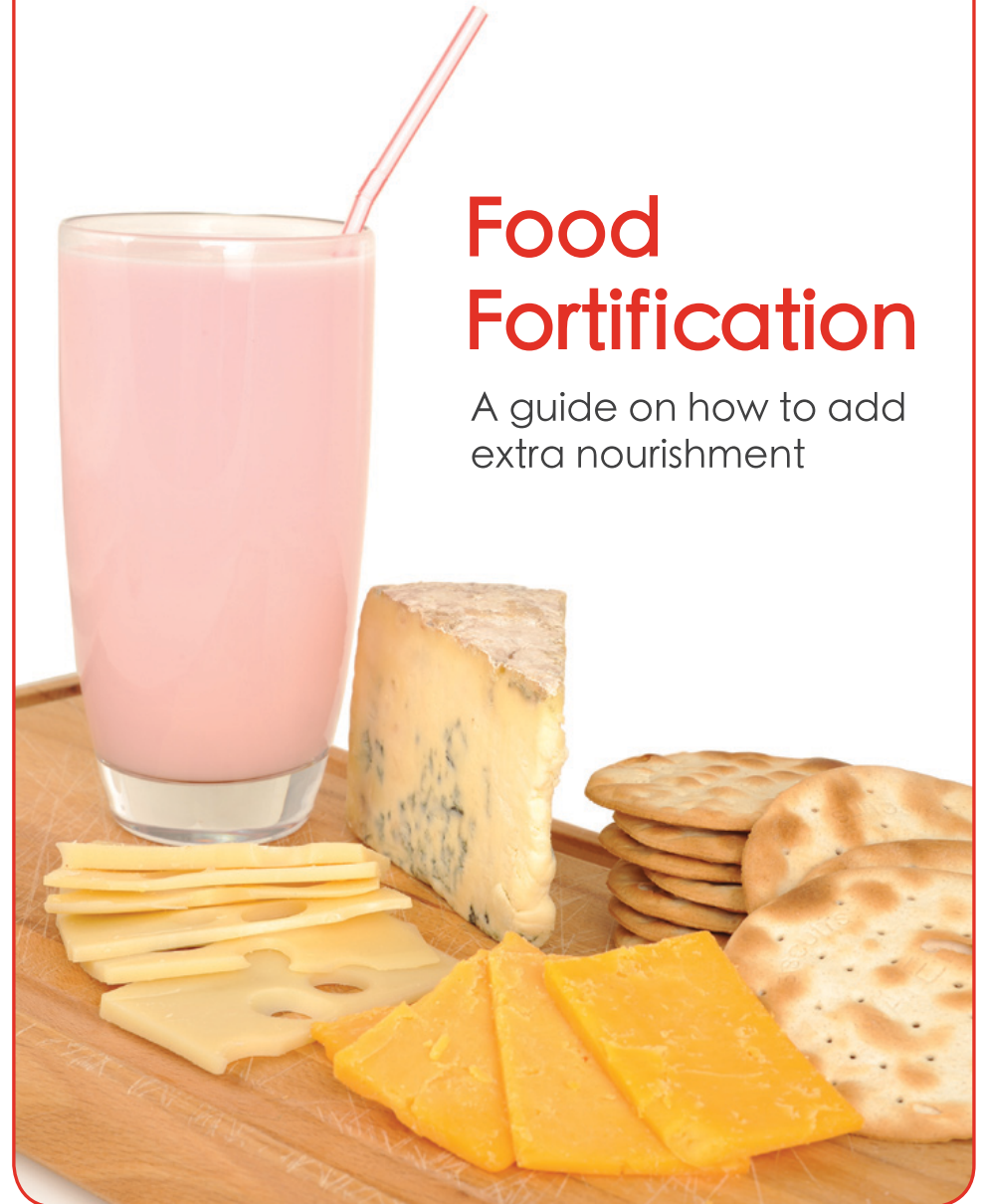


# Food Fortification

A guide on how to add  
extra nourishment



## Introduction

Studies have shown older people living in care settings are at risk of malnutrition. It is therefore recommended that all residents are regularly screened with a screening tool such as the Malnutrition Universal Screening Tool (MUST).

**Where care staff have identified that a resident is at risk of malnutrition it is their responsibility to ensure that energy dense drinks, meals and snacks are provided. Fortifying foods helps achieve this.**

For those with a small appetite a **little and often** approach may need to be adopted, for this reason all recipes in this booklet are based on small portion sizes. In order to stimulate appetite it is important to ensure meals and snacks are presented attractively and provided in a quiet environment, some individuals will need extra encouragement from staff. **Meal times need to be an enjoyable experience.**

Catering staff must be advised of a residents changed dietary needs. This booklet will help residents and care staff identify energy dense food and drink items that will help promote weight gain or maintenance.

In addition to current dietary intake aim for a further 400 – 600 kcals daily.

e.g.	<b>Breakfast</b>	Cereal with fortified milk
	<b>Mid morning snack</b>	Butter biscuit with cheese triangle
	<b>Lunch</b>	Soup with 1 tablespoon (20g) double cream
	<b>Evening snack</b>	Hot chocolate made with fortified milk

For individuals with Diabetes please promote the savoury snacks.

For those residents requiring a texture modified diet as recommended by Speech and Language Therapy (SALT) refer to guidelines given regarding which foods are suitable.

### **The information in this booklet is not suitable for individuals**

- On weight reducing diets
- Following a restricted or low potassium diet
- With lactose intolerance
- Who have a milk protein allergy
- Who are vegans

*Please consult your local Dietitian if you have any queries*

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*The National Care Standards recognise that eating well is fundamental to good care and that residents should have access to varied and nutritious foods that meet their individual requirements. Poor appetite and weight loss can arise from a number of conditions or situations, these are often short lived and treating the cause will result in an improvement without the need for any major dietary intervention. Initial dietary intervention, if needed, should always focus on improving intake of high energy, nutritious food and snacks and fortifying meals. It has been demonstrated that this alone can reverse or halt weight loss.*

## Section 1

### Fortified Milk

Fortified milk is a simple and affective method of increasing the nutritional content of standard milk.

### How to make Fortified milk

Dissolve 4 rounded tablespoons of dried skimmed milk powder in 1 pint of full cream milk (store in a refrigerator and consume within 24 hours), this increases the energy and protein content as shown below:

200mls / 1/3 pint	Energy (kcal)	Protein (g)
Semi skimmed milk	92	7
Whole milk	132	7
Fortified milk	204	14

Many of the recipes / ideas within this resource will include the use of fortified milk.

Other foods which can be used to fortify include:

Food item	Measure	Energy (kcal)	Protein (g)
Skimmed milk powder	1 heaped tblsp (15g)	52	5
Skimmed milk powder	4 heaped tblsp (60g)	208	20
Single Cream	1 tblsp (20g)	39	0.7
Double Cream	1 tblsp (20g)	99	0.3
Evaporated milk	1 small can (170g)	257	14
Dairy vanilla ice cream	1 Scoop (60g)	106	2
Cheese- cheddar	1oz (small matchbox size)	118	7
Butter	1 tsp (5g)	37	0
Olive oil	1 level tsp (3g)	27	0
Mayonnaise	1 tblsp (30g)	207	0.3
Jam	1 heaped tsp (18g)	47	0.1
Honey	1 heaped tsp (17g)	49	0.1
Sugar	1 level tsp (4g)	16	0

## Section 2

### Drinks

Drinks such as water, tea and diluting juice are good sources of fluid but have little nutritional value. Offering a fortified milk drink not only helps meet fluid requirements but is an easy way to increase energy and protein intake. Individual tastes will differ and fortified milk can be used to make a variety of hot or cold drinks.

### Dairy Based

#### Iced coffee Serves 1

200ml / 1/3 pint of fortified milk  
2 teaspoons / 4g of coffee powder  
2 level teaspoons / 8g of sugar  
1 scoop / 60g of dairy ice cream

Dissolve coffee in a little hot milk. Add the remaining milk, sugar and ice-cream. Whisk and serve chilled.

Energy (kcal)	Protein (g)
341	16

#### Banana shake Serves 1

200ml / 1/3 pint of fortified milk  
1 small ripe banana  
1 scoop / 60g of dairy ice cream  
1 level teaspoon / 4g of sugar

Mix all ingredients in a blender until smooth. Serve chilled.

Energy (kcal)	Protein (g)
401	18

#### Peaches and cream smoothie Serves 1

200ml / 1/3 pint of fortified milk  
3 tinned peach slices (25g)  
1 tablespoon / 20g double cream  
1 teaspoon honey

Mix all ingredients in a blender until smooth. Serve chilled.

Energy (kcal)	Protein (g)
340	15



**Yoghurt shake Serves 1**

200ml / 1/3 pint of fortified milk  
 1 carton / 150g of sweetened fruit yoghurt  
 1 teaspoon of honey

Mix all ingredients in a blender and serve chilled.

Energy (kcal)	Protein (g)
391	20

**Strawberry milkshake Serves 1**

200ml / 1/3 pint of fortified milk  
 3 rounded teaspoons / 15g of strawberry  
 Milkshake powder  
 1 tablespoon / 20g of double cream

Mix all ingredients in a blender and serve chilled.

Energy (kcal)	Protein (g)
361	15

**Chocolate cream Serves 1**

200ml / 1/3 pint of fortified milk  
 1 tablespoon / 20g of drinking chocolate  
 1 scoop / 60g of dairy ice cream  
 1 tablespoon / 20g of double cream

Mix all ingredients in a blender until smooth. Serve chilled.

Energy (kcal)	Protein (g)
483	17

**Cinnamon Spice Serves 1**

200ml / 1/3 pint of full fat milk  
 3 heaped teaspoons / 50g golden syrup  
 A pinch of cinnamon  
 A pinch of mixed spice

Mix all ingredients in a blender and serve chilled.

Energy (kcal)	Protein (g)
281	7

**Banana Big Time Serves 1**

150ml of full fat milk  
 1 small banana (80g)  
 1 scoop / 60g dairy ice cream  
 3 tablespoons / 113g apricots in syrup

Mix all ingredients in a blender until smooth. Serve chilled.

Energy (kcal)	Protein (g)
352	9

**Pineapple Cream Serves 2**

150g pineapple in syrup  
 120ml double cream  
 1 scoop / 60g dairy ice cream  
 100g mango (pureed)

Mix all ingredients in a blender and serve chilled.

Energy (kcal) Per portion	Protein (g) Per portion
421	2.5

**Chocolate mallow Serves 1**

200ml / 1/3 pint of full fat milk  
 2 teaspoons sugar (8g)  
 1 tablespoon drinking chocolate (20g)  
 2 marshmallows

Blend together the drinking chocolate and sugar with a little milk. Heat the remaining milk with 2 marshmallows until melted. Add to chocolate and serve.

Energy (kcal)	Protein (g)
271	8

**Mango shake Serves 1**

200ml / 1/3 pint fortified milk  
 1 fresh mango or tinned mango (150g)  
 1 scoop dairy ice cream (60g)  
 1 teaspoon sugar

Peel and mash mango, mix in all the other ingredients until blended

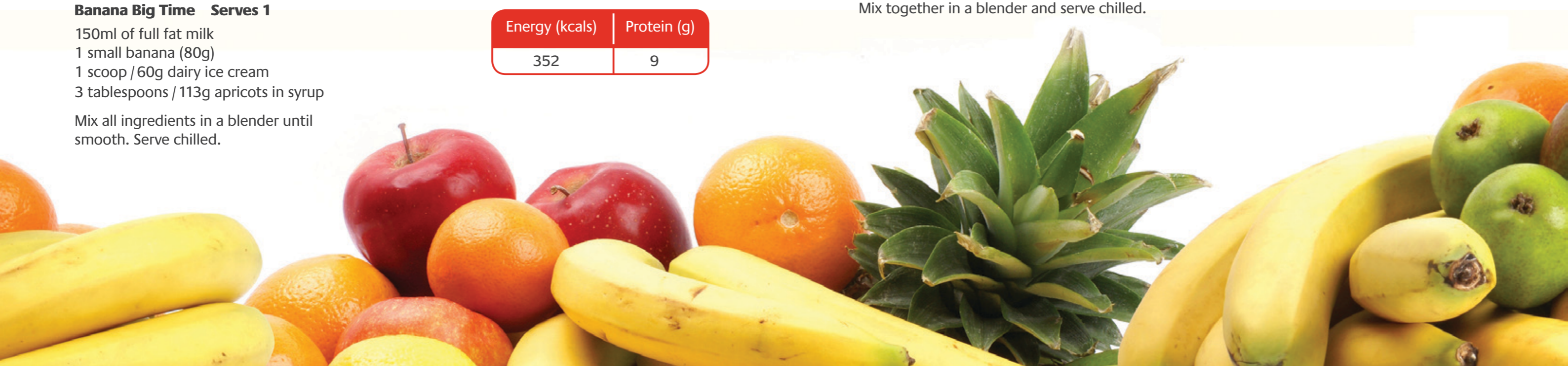
Energy (kcal)	Protein (g)
411	17

**Fruit Smoothie Serves 1**

200ml / 1/3 pint fortified milk  
 1/2 carton fruit yoghurt  
 1 scoop dairy ice cream (60g)  
 1 teaspoon honey  
 Strawberries / bananas or any soft fruit in season (50-80g)

Mix together in a blender and serve chilled.

Energy (kcal)	Protein (g)
561	20



**Banana Froth Serves 1**

- 200ml / 1/3 pint fortified milk
- 1 small banana (80g)
- 1 scoop dairy ice cream (60g)
- 1 teaspoon sugar (4g)

Mix in all ingredients until well blended and serve chilled.

Energy (kcal)	Protein (g)
402	17

**Coconut and Pineapple Surprise Serves 2**

- 6 tablespoons coconut milk
- 1 scoop dairy ice cream (60g)
- 3 teaspoons honey
- 150ml fresh pineapple juice

Mix all ingredients together in a blender and serve chilled.

Energy (kcal) Per portion	Protein (g) Per portion
244	2

**Mango Peach Dream Serves 2**

- 1 fresh mango without skin or stone or tinned mango (160g)
- 1 small banana (80g)
- 3 teaspoons honey
- 1 small pot peach yoghurt
- 3 scoops dairy ice cream

Mix all ingredients together in a blender and serve chilled.

Energy (kcal) Per portion	Protein (g) Per portion
381	7

**Further suggestions**

Analysis per portion

NB: each made with 200mls **fortified milk**

- Coffee (1 level teaspoon / 2g)
- Hot chocolate (1 heaped tablespoon / 20g)
- Ovaltine® 25g / (3-4 heaped teaspoons)
- Horlicks® 25g / (3-4 heaped teaspoons)
- Milkshake powder (3 rounded teaspoons / 15g)
- Milkshake powder 15g with 1 scoop dairy ice cream

Energy (kcal)	Protein (g)
206	14
276	15
292	16
297	17
263	14
369	16

**Non-dairy drinks****Fruit Fusion Serves 1**

- 50ml concentrated Ribena
- 150ml cranberry juice
- 50g / 1 scoop lemon sorbet
- 100ml water

Mix all ingredients in a blender and serve chilled.

Energy (kcal)	Protein (g)
254	0

**Tropical Twister Serves 1**

- 200ml pure pineapple juice
- 70g lemon sorbet
- 100g canned sliced peaches in syrup
- 50mls coconut milk

Mix all ingredients in a blender and serve chilled.

Energy (kcal)	Protein (g)
302	2

**Tropical Magic Serves 1**

- 1 small banana
- 4 tinned apricots
- 150ml pineapple juice
- 100ml coconut milk

Mix all ingredients together in a blender and serve chilled.

Energy (kcal)	Protein (g)
376	4

**There are many ways of making drinks using fortified milk, fruits, yoghurts and juices. Experiment with ingredients and take note of the recipes enjoyed.**



## Section 3

### Snacks

Snacks should be readily available throughout the day and night. They are a valuable way to increase energy intake, in particular when an individual experiences weight loss / difficulty maintaining weight or struggles to consume sufficient portions at main meals.

**Aim for a snack mid-morning, mid-afternoon and before bed if possible.**

### Savoury snacks

Analysis per portion	Energy (kcal)	Protein (g)
Cheese & biscuits (2 digestives with 1oz / small matchbox size full fat cheese)	257	9
1 Oatcake with 14g / 1 dessert spoon cream cheese	114	3
1 Oatcake with liver pate 40g	209	7
1 Butter biscuit (14g) with soft cheese triangle (14g)	100	2
Peanuts 25g (small bag) roasted & salted	151	6
Peanuts & raisins 25g (small bag)	109	4
Small sausage roll 32g	123	3
2 Cheese filled biscuits	126	2
1 Slice buttered toast with 1oz / small matchbox size full fat cheese melted	271	10
Crisps 34g / bag	175	1
Small cheese sandwich 1 slice bread	223	7
Small tuna mayonnaise sandwich 1 slice bread	255	7



### Sweet snacks

Commercially available or home baked sweet snacks include; Scones, pancakes, muffins, Danish pastries etc.

Analysis per portion	Energy (kcal)	Protein (g)
2 Chocolate filled biscuits	113	1
2 Cream filled biscuit	120	1
2 Chocolate digestives	128	2
1 Shortbread finger	101	1
Chocolate caramel bar	232	2
1 Slice buttered toast & jam 1 tsp (18g)	193	3
Jam donut	252	4
1 Chocolate cream filled éclair	187	2
Slice Madeira cake with 10g butter	224	2
Individual jam tart	92	1
Pancake with butter (5g) & jam 1 tsp (18g)	170	2
Plain scone with butter 10g & jam 1 tsp (18g)	296	4
Chocolate mini roll	100	1
Small pot – rice pudding (150g)	156	5
Small pot – custard (150g)	153	4
Small pot – trifle (125g)	155	3
Thick and creamy yoghurt (150g)	160	6
Chocolate cake (see recipe)	350	5
Caramel shortbread (see recipe)	284	3



### Chocolate cake Serves 12

175g (6oz) margarine or softened butter  
175g (6oz) caster sugar  
3 large eggs  
150g (5oz) self-raising flour, sifted  
50g (1¾ oz) of cocoa, sifted  
1tsp baking powder  
1tsp vanilla extract  
pinch of salt

#### For simple chocolate icing

100g (3½ oz) of dark chocolate  
100g (3½ oz) of chopped butter

#### Method

1. Heat the oven to 180°C /350°F (gas mark 4). Lightly grease a 18cm (7in) round cake tin with a little extra butter or margarine and line with greaseproof paper or non-stick baking parchment to fit the base of the tin.
2. Put all the ingredients in a large mixing bowl and beat with a wooden spoon or a hand-held mixer for 1 minute, or until combined. It's important not to beat the batter too much just long enough to make it smooth.
3. Pour or spoon the mixture into the tin, smooth the top and bake on the middle shelf of the oven for about 45-50 minutes. The cake is cooked when it looks well risen and golden; the top should spring back when lightly touched with a fingertip. Another test is to insert a skewer into the centre of the cake - it should come out clean.
4. Let the cake sit in the tin for 5 minutes, then gently run a knife around the edge and turn the cake out onto a wire rack to cool.
5. For the icing, place the dark chocolate and chopped butter in a heatproof bowl and set over a saucepan of very hot water until melted. Cool for 15 minutes, then spread over the top of the cooled cake.

Analysis per portion	
Energy (kcal)	Protein (g)
350	5



### Caramel shortbread/ Millionaires shortbread Serves 20

125g / 4½ oz Butter  
125g / 4½ oz caster sugar  
150g / 5oz self raising flour  
Pinch of salt

#### Caramel Topping:

125g / 4½ oz Butter  
125g / 4½ oz caster sugar  
35g / 1 dessert spoon golden syrup  
397g / Small tin condensed milk

#### Chocolate Topping:

175g / 6 oz milk chocolate

#### Method

- Set oven to 180°C /350°F or gas mark 4. Cream the butter and sugar together in a bowl, then mix in the flour and salt. Knead this mixture into a ball. Press the mixture into a greased shallow tin approx 11x7 inches and bake for 20 minutes.
- For the caramel topping, put all the topping ingredients into a saucepan and bring to the boil, stirring continuously. Continue boiling until the mixture leaves the sides of the pan and starts to change colour.
- Pour the mixture over the shortbread, spreading out evenly and leave to cool. Melt chocolate and spread evenly over cooled mixture. Cut into 20 slices (fingers) and serve.

Analysis per portion	
Energy (kcal)	Protein (g)
284	3

### Tiffin Serves 24

225g / 8 oz Digestive biscuits  
1 Tin Condensed milk (397g)  
60g / 2oz Sultanas  
125g / 4½ oz cooking chocolate  
125g / 4½ oz Margarine /butter

#### Chocolate Topping:

175g / 6 oz milk chocolate

#### Method

- Put the butter /margarine and chocolate in a saucepan and heat until melted. Remove from heat add condensed milk, crushed biscuits and sultanas. Press into a baking tin, allow to cool. Melt chocolate for topping and spread over top. Divide into 24 portions.

Analysis per portion	
Energy (kcal)	Protein (g)
182	3

## Section 4

### Breakfast Ideas

**Breakfast cereals** - Serve with fortified milk or yoghurt and sweeten (if appropriate). Cream can also be added

#### 1) Standard Porridge Serves 2

45g / 1½ oz Oatmeal / porridge oats  
300ml / 10fl.oz. water  
Pinch of salt to taste

Analysis per portion	
Energy (kcal)	Protein (g)
84	3

#### 2) Fortified Porridge Serves 2

45g / 1½ oz Oatmeal / porridge oats  
300ml / 10fl.oz. fortified full fat milk

Analysis per portion	
Energy (kcal)	Protein (g)
237	13

Sugar, honey, syrup or cream can be added to taste.

### Further ideas include:

- **Toast, bagels, muffins, crumpets, croissants or butteries** served with generous amounts of butter / marg and marmalade, jam or peanut butter
- **Pancakes** with maple syrup / honey / butter and jam
- **Cooked breakfast** – served with hot buttered toast
- **Rolls** – filled with egg, bacon or sausage
- **Beans on toast** – grated cheese can be added
- **Scrambled egg** – grated cheese can be added serve with buttered toast
- **Omelette** – made with cream and cheese served with buttered toast
- **Thick and Creamy yoghurts**
- **Fortified milk drink** – serve with breakfast (refer to section 2)



## Section 5

### Light Meals

There are many **energy dense** possibilities for light meals including:

- **Baked potato** with plenty of butter / margarine topped with; grated cheese, cheesy beans, prawn mayonnaise, tuna mayonnaise, coronation chicken, coleslaw or egg mayonnaise
- **Toasted sandwiches** any suitable filling with additional cheese to increase energy content
- **Beans on toast** – grated cheese can be added
- **Cheese on toast**
- **Omelette** filled with cheese / bacon / sausage / tomato etc.
- **Scrambled egg** - grated cheese can be added
- **Rolls** - filled with egg, bacon or sausage
- **Quiche, sausage rolls, pork pies**
- **Cup a soup** made with fortified milk
- **Sardines, mackerel or pilchards** on buttered toast
- **Sandwiches**



**Serve above with toast, mashed potato, chips, potato wedges, oat-cakes, bread and butter and vegetables or salad.**



**Sandwich Ideas Serves 1**

To add variety sandwiches can be made from a variety of different breads, bread rolls, croissants, bagels, tortilla wraps etc.

**Analysis per portion**

2 small slices of bread thickly spread with butter /margarine with the following fillings:

Analysis per portion	Energy (kcal)	Protein (g)
Ham 1 slice (23 g)	283	8
Jam 1 heaped tsp (18g)	305	4
Peanut butter – thickly spread (23 g)	398	9
Grated Cheese - 4 tablespoons (45g)	446	15
Tuna mayonnaise (Mayonnaise 30 g & Tuna 45g)	510	15
Egg Mayonnaise (Mayonnaise 30g & 1 Egg /50g)	540	11



**Section 6**

**Main meal Ideas**

**Soup** - to home-made, packet or tinned soup add;

- **Cream**
- **Fortified milk**
- **Cheese**

**Condensed soup** can be made up with fortified milk



**Serve with oat cakes, croutons, butteries, buttered toast or bread and butter**

**Main meal - Ideas how to fortify**

- **Vegetables** - add butter /margarine /grated cheese or cheese sauces made with fortified milk
- **Salads** – serve with mayonnaise /salad cream/ dressings
- **Potato** - add butter/margarine /grated cheese (see below)
- **Pasta** – add creamy sauces made with fortified milk and cheese
- **Sauces** - make with fortified milk and/or cream with e.g. fish, vegetables, pasta and potato dishes
- **Meat/chicken** – fry as appropriate, add extra oil, serve with sauces
- **Fish** – Fry, serve with sauce made with fortified milk
- **Lasagne, pasta bake dishes, shepherds pie/cottage pies etc.** – add extra cheese topping

**Creamy mashed potato Serves 4**

450g / 1lb Potato  
6 tsp / 1oz butter/margarine  
60ml Fortified milk

Analysis per portion	
Energy (kcal)	Protein (g)
150	3

**Method**

Make in usual way (2 scoops per person).

Mashing potato with double cream and adding grated cheese will provide additional energy.

## Section 7

### Pudding Ideas

Providing a pudding at meal times and as a snack can be a simple way to provide extra nourishment, the following recipes use **fortified milk** to increase energy and protein content.

Where catering facilities cannot prepare two puddings - full cream ice cream, thick and creamy yoghurt and fortified jellies (see recipe) can be simple alternatives.

#### Simple rice pudding Serves 4

60g / 2 oz short grain rice  
1 pint fortified milk  
40g / 2 tablespoons sugar  
30g / 1oz butter

##### Method

Prepare in the usual way.

Analysis per portion	
Energy (kcal)	Protein (g)
291	11

#### Custard Serves 4

1 pint fortified milk  
40g / 2 tablespoons sugar  
35g / 2 tablespoons custard powder

##### Method

Prepare in the usual way.

Analysis per portion	
Energy (kcal)	Protein (g)
215	10

#### Instant dessert Serves 4

1 pack Instant dessert powder  
1/2 pint fortified milk

##### Method

As per manufacturers instructions.

Analysis per portion	
Energy (kcal)	Protein (g)
130	5

#### Rich semolina pudding Serves 4

1 pint fortified milk  
50g / 1 3/4oz semolina  
2 egg yolks  
50g / 1 3/4oz sultanas  
50g / 1 3/4oz sugar  
15ml / 1 tablespoon finely grated orange rind

##### Method

Heat the milk in a saucepan until it is very hot. Gradually stir in the semolina and sugar and bring to the boil. Cook for 2 to 3 minutes stirring constantly, or until very thick. Remove from the heat and stir in the remaining ingredients. Spoon into a well greased ovenproof dish and put into the oven preheated to moderate (180°C / 350°F or Gas mark 4). Bake for 15 minutes or until the pudding is lightly browned.

Analysis per portion	
Energy (kcal)	Protein (g)
303	13

#### Bread and butter pudding Serves 6

4 large slices bread with the crusts removed and quartered  
50g / 1 3/4oz butter to spread on the bread  
125g / 4 1/2oz sultanas  
2 tbsp / 40g sugar

##### Custard

3 eggs  
50g / 1 3/4oz caster sugar  
1 pint fortified milk

##### Method

Butter the bread and arrange the slices in an ovenproof dish. Scatter over the sultanas and sugar.

Beat the eggs, and sugar together. Heat the milk to scalding point, then cool slightly. Stir into the egg mixture and strain over the bread slices. Put the dish into a deep baking tin, half-filled with hot water. Put the tin into the oven preheated to cool (150°C / 300°F or Gas Mark 2) and bake for 45 minutes, or until set.

Analysis per portion	
Energy (kcal)	Protein (g)
347	12

### Rich egg custard Serves 4

4 eggs  
3 tablespoons / 60g sugar  
1 pint fortified milk  
Grated nutmeg to taste

#### Method

Put the eggs, sugar and milk into a large ovenproof dish and mix well. Sprinkle over the nutmeg. Put into a deep baking tin, half-filled with cold water. Put the tin into the oven preheated to warm (170°C / 325°F or Gas Mark 3) and bake for 45 minutes, or until set.

Analysis per portion	
Energy (kcal)	Protein (g)
279	16

### Crème caramel Serves 6

125g / 4½oz sugar  
125ml / 4½fl.oz water

#### Custard

3 eggs  
2 egg yolks  
2.5ml / ½ teaspoon vanilla essence.  
50g / 1¾ oz caster sugar  
300ml / ½ pint fortified full fat milk  
300ml / 10 fl.oz double cream

#### Method

Put the sugar and water in a saucepan and stir to dissolve the sugar. Bring to the boil without stirring, until it turns a caramel colour. Pour into the bottom of a baking dish. Swirl the caramel around to cover the bottom completely.

Beat the eggs, egg yolks, vanilla and sugar together. Heat the milk and cream to scalding point, then cool slightly. Stir into the egg mixture. Strain into the dish and put the dish into a deep baking-tin, half-filled with hot water. Put the tin into the oven preheated to cool (150 °C / 300°F or Gas Mark 2) and bake for 30 minutes, or until set.

Cool, then chill for 2-3 hours. To turn out from dish - dip quickly in hot water.

Analysis per portion	
Energy (kcal)	Protein (g)
472	8

### Sticky toffee pudding Serves 12

150g / 5oz dates  
250ml / 9fl oz hot water  
1 tsp / 5g bicarbonate of soda  
60g / 2 oz butter, softened  
60g / 2 oz caster sugar  
2 eggs  
150g / 5 oz self raising flour

#### For the toffee sauce

200g / 7oz butter  
400g / 14oz brown sugar  
Vanilla pod, split / ½ teaspoon vanilla essence  
250ml / 9fl oz double cream

#### Method

Preheat the oven to 180°C / 350°F / Gas mark 4. Mix the dates, bicarbonate of soda and the water together in a bowl and leave to soak for ten minutes.

In a clean bowl, cream the butter and sugar together until light and fluffy. Still stirring the butter mixture, gradually add the eggs, making sure they are well mixed in. Still stirring, gradually add the flour then add the date mixture. Pour the mixture into a 20cm / 8in square cake tin. Place into the oven and bake for 35-40 minutes, or until cooked through.

To make the sauce, melt the butter in a thick - bottomed pan over a medium heat. Add the brown sugar, vanilla pod and cream and stir well. Simmer for five minutes. To serve, spoon out a portion of the pudding onto a plate and pour over the hot toffee sauce.

Analysis per portion	
Energy (kcal)	Protein (g)
503	3



## Jelly

Jelly can be made up with water, milk, evaporated milk or fortified milk as shown below.

	Analysis per portion	
	Energy (kcal)	Protein (g)
Jelly made with water	87	2
Jelly made with 1 small can evaporated milk, and whole milk	219	9
Jelly made with fortified milk	232	12



### Tropical Jelly Serves 4

1 pack of lime jelly  
200ml coconut milk  
4 pineapple slices

Dissolve a pack of lime jelly in hot water, add 200mls coconut milk and make up to 1 pint with water.

Blend with 4 slices of pineapple and allow to set.

All puddings can be served with canned fruit, cream, jam, ice cream, evaporated milk, sauces etc.

## Section 8

### Sample Menu

<b>Breakfast</b>	Porridge made with fortified milk with added cream and sugar Toast with spread and jam/marmalade Fruit Juice
<b>Mid-morning</b>	Coffee made with fortified milk Or Cup of tea with slice of Madeira cake and butter
<b>Lunch</b>	Soup fortified with cream Light meal (refer to section 5) Pudding (refer to section 7) Drink
<b>Mid-afternoon</b>	Milkshake (made with fortified milk) with biscuit or cake
<b>Evening meal</b>	Main meal - Refer to section 6 Pudding - Refer to section 7 Drink
<b>Before bed</b>	Ovaltine® made with fortified milk with buttered toast
<b>Through day</b>	Ensure <b>fluids</b> and <b>snacks</b> are available and encouraged

