

Food Fortification

Information for Parents and Careers



CCNS—Dietetics

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Prescribed Nutritional Supplements

If your child is on prescribed nutritional supplements (sip feeds) below are some ideas to help make them more appealing and appetising.

- Sip feeds should be taken between meals to encourage appetite for main meals and snacks.
- Sip feeds can be used as an ingredient in various meals, snacks and drinks. Ideas and recipes are available on the websites of the companies that make these products.
- Sip feeds are versatile and are available in a variety of styles and flavours.
- Neutral milk-based sip feeds can be used **instead of milk** (or diluted ½ and ½ with milk) on breakfast cereals or to make drinks, porridge, milk puddings, custard, rice pudding and sweet or savoury sauces.
- Sips feeds, such as chocolate flavoured, can be heated. Make sure it does not boil.
- Sweet flavoured sip feeds are best served chilled. They can also be frozen to make ice cream/ lollies.
- Fruit juice type sip feeds can be frozen into ice cubes or ice lollies. They can also be diluted with, for example, lemonade as long as the recommended volume of the sip feed is taken during the day.
- Sip feeds may be sipped in small amounts through the day or taken as a whole drink.
- Thicken supplements to the recommended consistency if advised to do so by the Speech and Language Therapist

Some of these recommendations are high in sugar. It is important that your child brushes their teeth twice a day with a fluoride toothpaste.

Large meals can be off-putting. If your child has a small appetite, tempt them with small portions and offer second helpings if a meal is eaten.

- Encourage your child to have **at least 1 pint of full fat (whole or Blue top) fortified milk daily** with food or as milky drinks (see page 4 for recipes).
- **Always use full fat and full sugar products** e.g. full-fat (whole) milk, thick and creamy yoghurts, full fat margarine or butter, jam, honey and syrup. Avoid low-calorie/ diet choices unless otherwise advised (good dental hygiene is very important to help prevent dental caries)
- **Make the most of times when your child feel most hungry** e.g. If this is in the morning offer a cooked breakfast in addition to cereal, toast etc.
- **It is important for your child to remain well hydrated** but remember that water does not contain any calories! Other fluids such as fortified milk; fruit juice, squash **and** milky tea will hydrate and add calories
- **Encourage your child to drink nourishing drinks** e.g. hot chocolate, milkshake, and malted milk.
- **Encourage your child not to fill up on drinks** during or shortly before meals.

Make the Most of Meals

Examples of meals:

Breakfast

Cold or Hot Cereal: Make with fortified milk. To make extra creamy add 2 table spoons of double cream. For a little extra flavour and calories add dried fruit; sugar; jam; syrup or honey.

Toast, Crumpets, Brioche, Bagels: Add butter to HOT toast; crumpets or brioche Top with jam, honey, peanut butter or chocolate spread.

Fried breakfast: Fry food rather than bake. Eggs, bacon, sausages, tomato, mushrooms, fried bread, hash browns, baked beans with added butter.

Croissant: Slice in half and fill with ham and cheese.

Waffles or mini pancakes: Warmed up and top with fresh fruit and maple syrup.

Lunch

Beans on toast: Add butter to hot toast first. Add butter to hot beans Sprinkle grated cheese on top of the beans.

Sandwiches -Bread, Pita Bread, Wraps: Add Mayonnaise to cheese, egg, tuna, ham, chicken fillings Use plenty of butter on the bread or wraps

Soup: Always use 'Cream of' soups. Add 1 tablespoon of fortified milk and 2 tablespoons of double cream to each 200ml soup. Try adding fried croutons for extra flavour and calories. Serve with a buttered roll.

Crackers: Top with plenty of butter Topping of choice such as ham; cheese or peanut butter.

Scrambled eggs: Make with cream and butter instead of milk. Serve on hot buttered toast

Omelette: Cook in butter and/ or oil Use different fillings (ham; tomato; peppers) and cheese

Milkshake

Per serving: 300 calories

- 200mls fortified milk
- Milkshake syrup or powder to taste



Refreshing drink

Per serving: 300 calories

- 300mls fortified milk
- 1 pot (150g) thick and creamy yoghurt
- 3 pineapple rings or 1 ripe banana
- Liquidise all the ingredients and serve chilled.

Tips for adding extra calories:

- Always use fortified full cream milk (Blue top)
- Always use double cream or whipping cream
- Add 1 scoop of ice-cream to cold drinks
- If your child find recipes too creamy, replace 1 tablespoon of cream with 4 tablespoons of full cream milk



Fortified Milk

Try to use fortified milk whenever you use milk in a drink or in cooking. It's simple to make and can be stored in the fridge for up to 24 hours.

Add 4 heaped tablespoons of skimmed milk powder to 1 pint of milk – mix milk powder with some of the milk to make a runny paste and add to the remainder of the pint.

Use this fortified milk to make up condensed or packet soups, in blancmange, milk jellies, cheese sauce, white or savoury sauces, on cereal, or in drinks.

Nourishing Drink ideas

Malted milk drink :

Per serving: 450 calories

- 150mls fortified milk
- 3 teaspoons of malted drink powder e.g. Ovaltine or Horlicks
- 2 tablespoons of cream

Nourishing hot chocolate:

Per serving: 450 calories

- 150mls fortified milk
- 3 teaspoons of hot chocolate powder
- 2 tablespoons cream
- Mini marshmallows to top



Dinner

Casserole: Include dumplings Mix in butter, fortified milk or double cream. Add cheese at the end of cooking.

Roast dinner: Include roasted root vegetables and potatoes. Add a Yorkshire pudding and remember the gravy.

Salad: Include plenty of foods mixed with mayonnaise such as potato salad or coleslaw. Try using cold oily fish such as mackerel or salmon in oil rather than brine. Use an oil based dressing like vinaigrette or flavoured olive oil.

Pasta/ lasagne: Use creamy sauces and top with extra cheese.

Spaghetti Bolognaise: Sprinkle cheese on top of sauce. Add oil or butter to Spaghetti Served with extra buttery garlic bread

Pizza: Add extra toppings like cheese or ham and sprinkle with olive oil

Curry: Try to choose creamy curries such as Korma. Choose fried rice instead of boiled

Shepard's or fish pie: Brush top with butter and sprinkle with grated cheese

Fish: Fry fish where possible. If fish is steamed add flavoured butter or creamy white sauce

Vegetables!!

Add butter to all plain vegetables. Serve vegetables in cream/ fortified milk or cheese sauce Sprinkle cheese on top Add butter and cheese to mashed potato/ yam/ sweet potato. Add butter and double cream to mashed swede/ carrot Jacket potatoes topped with cheese/ butter/ mayonnaise fillings.



Dessert

Yoghurt: Choose thick and creamy varieties

Ice-cream: Top with sauces or double cream

Sponge pudding/cake: Top with ice-cream or double cream;

Meringue nest: Fill with sweetened whipped double cream and fruit

Jelly: Make with fortified milk rather than water. Make a fruit trifle top with custard and double cream

Custard: Make with fortified milk and double cream

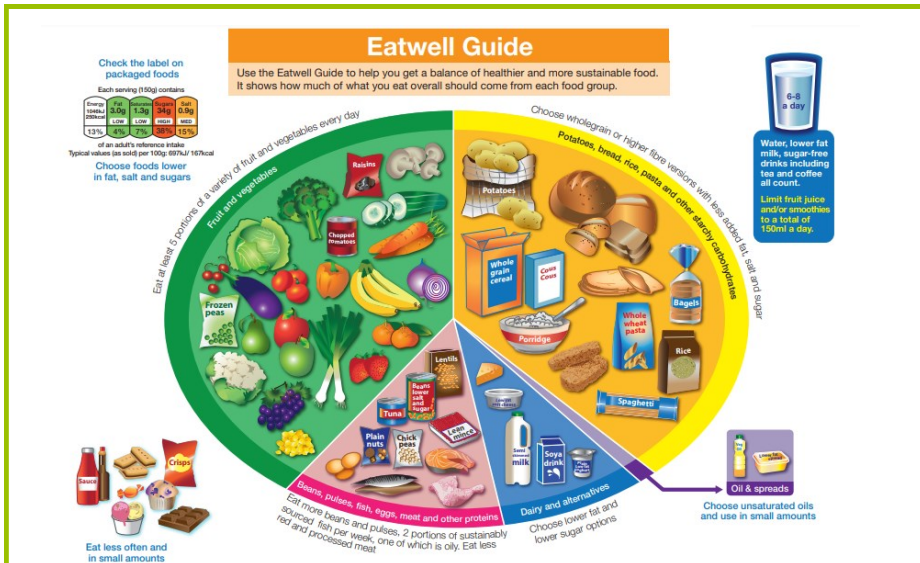
Fruit: Fruit crumbled with fortified custard; double cream or ice cream. Tinned fruit in syrup topped with ice cream; custard or double cream.



- Nuts, any type, or mixed fruit and nuts.
- Crisps and dips such as guacamole, sour cream, cheese
- Milkshake, try adding fresh fruit and ice-cream for a “thick shake”
- Mixed fruit smoothie made with ice cream
- Malted drink made with milk and 2-3 biscuits



Take care when offering snacks such as nuts, grapes etc to young children as they can be a choking hazard. Do not leave young children alone when eating.



Nourishing Snack Ideas

Offer two to three nourishing snacks and drinks between meals each day. These when taken in addition to meals, provide extra energy and protein to help maintain strength and weight.

- Try yoghurt or chocolate coated dry fruit
- Sandwiches of tuna mayonnaise, cheese and tomato, ham and pickle.
- Peanut butter on toast
- Scones, toasted teacakes, crumpets or muffins. Top with butter, jam, honey, cheese or cream.
- Danish pastry, doughnut, individual bakewell tart/ fruit pie
- All cakes, such as fruit cake, flapjack, cereal bars; sponge cake and cream cakes, malt loaf.
- 2-3 biscuits – shortbread, cream or chocolate biscuits

High protein foods

- Full cream dairy products such as milk, cheese, yoghurt
- Calcium fortified soy milk
- Meat, fish & chicken
- Eggs
- Legumes such as lentils and beans
- Nuts, seeds and their pastes (e.g. peanut butter, tahini)



High energy foods

- Plant based oils (e.g. olive oil)
- Avocado
- Margarine, butter, cream
- Full cream dairy products such as milk, cheese, yoghurt
- Oil based salad dressings (e.g. mayonnaise)
- Peanut butter

