



Food fortification to increase calorie intake

You may require more calories in your diet to help promote weight gain. Here are some easy ways to add calories throughout the day and make every mouthful count.

Standard option	For extra calories add:
<p>Porridge with whole milk</p> <p>380 kcal and 15g of protein</p>	<p>1 heaped tbsp of dried milk powder 1 and half tbsps of double cream A handful of dried fruit Up to 630 kcal and 21g of protein</p>
<p>2 scrambled eggs with whole milk</p> <p>210 kcal and 15g of protein</p>	<p>2 cubes of butter (15g) 1 heaped tbsp of dried milk powder 2 tabsps of cream cheese Up to 440 kcal and 23g of protein</p>
<p>Vegetable soup served with bread</p> <p>190 kcal and 9g of protein</p>	<p>1 and half tbsps of double cream 1 heaped tbsp of dried milk powder Thick spread of butter on bread Up to 400 kcal and 14g of protein</p>
<p>Shepherd's pie</p> <p>420 kcal and 23g of protein</p>	<p>2 cubes of butter (15g) 1 and half tbsp of double cream 1 tbsp of dried milk powder Up to 690kcal and 28g of protein</p>
<p>Madeira cake served with custard</p> <p>270 kcal and 6g of protein</p>	<p>1 and half tbsps of double cream 1 heaped tbsp of dried milk powder Add to custard made with whole milk Up to 410 kcal and 9g of protein</p>
<p>A cup of tea</p> <p>15 kcal and 1g of protein</p>	<p>1 tbsp of sugar 1 tbsp of dried milk powder 1 shortcake biscuit Up to 155 kcal and 3g of protein</p>



Tip: Butter, cheese, double cream and dried milk powder are great for adding extra calories to almost any meal.