

Guide to Fortifying Common Foods

Common Foods Used To Fortify Recipes tsp = teaspoon (5ml) / tbsp = heaped (15ml) tablespoon				
High Protein (Aids Wound Healing) Skimmed Milk Powder Fortified milk Evaporated milk Cheddar cheese Condensed milk*		Savoury Full-fat yoghurt Peanut butter Greek style yoghurt Mayonnaise Salad cream Butter or full-fat spread Double cream		Sweet (*high sugar not suitable for people with diabetes) Sugar* Honey* Lemon Curd* Dried Fruit Golden syrup* Jam/marmalade* Ice cream*
Product	1 portion	4 portions	10 portions	20 portions
Fortified Milk	4 tbsp skimmed milk powder 1 pint (568ml) whole milk	150g skimmed milk powder 4 pints (2.2L) whole milk	360g skimmed milk powder 10 pints (5.6L) whole milk	720g skimmed milk powder 20 pints (11.3L) whole milk
Mashed Potato	1 tbsp butter 2 tbsp fortified milk	4 tbsp butter 8 tbsp (120ml) fortified	150g (3/5 pack) butter 300ml fortified milk	250g (1 pack) butter 600ml fortified milk
Cheesy Mashed Potato	As above 10g grated/soft cheese	As above 40g grated/soft cheese	As above 100g grated/soft cheese	As above 200g grated/soft cheese
Scrambled Eggs	1 tsp butter 50ml fortified milk 25g grated cheese	1 heaped tbsp butter 200ml fortified milk 100g grated cheese	50g (1/5 pack) butter 500ml fortified milk 250g grated cheese	100g (2/5 pack) butter 1L fortified milk 500g grated cheese
Custard or Milk Pudding <i>Dissolve milk powder in milk or cream before adding</i>	2 tsp skimmed milk powder 2 tsp double cream	3 tbsp skimmed milk powder 2 tbsp double cream	7 tbsp (90g) skimmed milk powder 7 tbsp (105ml) double cream	180g skimmed milk powder 200ml double cream
Porridge <i>Use <u>fortified milk</u></i>	1 tbsp double cream 1-2 tsp sugar/honey*	4 tbsp double cream 1 heaped tbsp sugar/honey*	150ml double cream 4 tbsp sugar/honey*	300ml double cream 8 tbsp sugar/honey*
Soup <i>Dissolve skimmed milk powder in a little liquid before adding</i>	2 tbsp double cream 2 tsp skimmed milk powder	8 tbsp (120ml) double cream 8 tsp skimmed milk powder	150ml double cream 7 tbsp (60g) skimmed milk powder	300ml double cream 120g skimmed milk powder
Milkshake <i>Use <u>fortified milk</u></i>	200ml fortified milk 2 tbsp of milkshake powder (such as Nesquik/supermarket own) 2 tbsp double cream	800ml fortified milk 80g of milkshake powder 120ml double cream	2L of fortified milk 200g of milkshake powder 300ml of double cream	4L of fortified milk 400g of milkshake powder 600ml of double cream