

Manage malnutrition, start with...

1 2 3

pint of fortified
milk

nourishing snacks

fortified two
course meals



For care home residents at risk of malnutrition (MUST* score of 1 or more), offering the above daily can help in reducing malnutrition risk.

Rachel Baker and Karen Garvican, our care home support dietitians, are providing free training and resources to support care homes across Cornwall and the Isles of Scilly in identifying and treating malnutrition risk. For more information, please contact them on kccg.carehomemeds@nhs.net or telephone **01726 627953**.

1 pint of fortified milk

Use fortified milk in place of normal milk throughout the day as a simple way of boosting nutritional intake without increasing volume. Fortified milk can be used in hot and cold drinks, cereals, egg dishes, baking, sauces, soups and milk puddings.

Ingredients

One pint whole milk (blue top)

50-60g/4 heaped tbsp dried skimmed milk powder

Method

1. Add skimmed milk powder to jug.
2. Add a small amount of whole milk and mix to form a smooth paste.
3. Gradually add the remaining milk and stir/whisk well.

540 kcal

37g protein

2 nourishing snacks

Nourishing snacks provide vital additional nutrition to those at risk of malnutrition and should be offered two to three times a day. A variety of savoury and sweet snacks should be given, including a high calorie fortified snack.

Top recommended high calorie fortified snack

Fortified thick and creamy yoghurt

1 heaped tbsp. (~15g) dried skimmed milk powder

1 tbsp double cream

150g thick and creamy yoghurt

Method

Mix the dried skimmed milk powder and double cream with the thick and creamy yoghurt.

300 kcal

20g protein

3 fortified two-course meals

Large portions of food can be overwhelming for those with a small appetite; small regular meals with added fortification are often better received. How to fortify some common foods:

	Fortify by adding:
Cereal or porridge	Fortified milk*, cream, full-fat or Greek yoghurt*, honey, syrup, jam, sugar, dried fruit, ground nuts*
Scrambled eggs	Butter, fortified milk*, grated cheese*
Soups and stews	Grated cheese*, cream, dumplings or croutons
Mashed potato	Butter, olive oil, fortified milk*, grated cheese*, skimmed milk powder* or double cream
Cooked vegetables	Grated cheese* or creamy sauces, olive oil, butter, mayonnaise or salad cream
Salads	Grated cheese*, olive oil or salad dressing, mayonnaise or salad cream
Custard and milky puddings	Skimmed milk powder*, double cream, condensed milk*, honey, syrup, sugar, jam or dried fruit

* high protein option

Homemade fortified drinks

Alongside using the '1 2 3' approach, consider offering one to two homemade fortified drinks a day. These can help in providing extra energy, protein and other nutrients. The following recipes provide similar calories and protein to many oral nutritional supplements. Try giving them between meals and consider giving in smaller 'shots' over the day if preferred.

- **Fortified milkshake:** Mix two heaped tablespoons of skimmed milk powder with four teaspoons of milkshake powder with added vitamins and minerals (e.g. Tesco or Nesquik). Add 200mls of full-fat milk and 15mls double cream and stir well/blend.
- **Fortified hot chocolate:** Mix two heaped tablespoons of skimmed milk powder with 200mls full fat milk and heat until warm. Add four teaspoons of hot chocolate powder with added vitamins and minerals (e.g. Tesco or Nesquik) and stir well. Add 15ml double cream and marshmallows to finish, as desired.
- **Fortified fruit juice:** Mix 40ml high juice cordial with 10g egg white powder, and then gradually add 180ml fruit juice (with added vitamins). Do not whisk.