

The principles to nutrition support is increasing the nutritional composition of individual foods so that when a persons oral intake is reduced the amount of food they can manage will still provide them with sufficient nutrients to prevent weight loss and nutrient deficiencies. The principal being little and often with high calorie foods.



Add 2 table spoons of milk powder to each glass of full fat milk : Use fortified milk for: Tea, coffee, Milk and Milk shakes

Fortify food at each meal time and provide extra snacks between meals:

Breakfast



Provide fortified milk for cereal, cream for porridge and a cooked meal

Mid Morning



Provide tea & biscuits as well as Fortified milk or milkshake

Lunch



Provide a high calorie meals with fortified pudding and drink.

Mid Afternoon



Tea with cake and biscuits followed with a fortified milk shake

Evening meal



Add cream to soup and cakes, mayonnaise to sandwiches and provide high calorie puddings

Supper



Provide a snack before bed or a fortified milky drink