

Enhancing Nutritional Value with Fortified Foods

Introduction

This special edition reviews nutrition interventions to boost calories, protein and other nutrients for those who cannot get enough nutrition from normal foods. These suggestions may be beneficial for people who cannot consume enough volume, who have poor appetites, or have experienced weight loss or pressure ulcers.

Focus on food first! Assure that the individual is receiving foods that are acceptable to them. Try to provide the individual's favorite foods and cater to preferences as much as possible. Also, be sure that the individual is being provided with the assistance they need at meal time (assistive feeding devices, encouragement, assistance with eating, etc.).

Next, enhance the nutritional value of the food being served. Start with the individual's favorite and most accepted foods, and boost the nutritional value by using the fortified foods recipes presented here.

Calorie dense foods such as butter or margarine, mayonnaise, half and half or sour cream can be added to lower calorie foods to boost the impact of each bite of food. The goal is to **power pack** each bite of food or fluid for those who cannot consume a large volume.

High protein items can also be added to foods to boost the protein value. Powdered milk, cheese, eggs, and peanut butter are a few examples.



As always, it is important to monitor acceptance, tolerance, and weight status. It may be necessary to alter interventions if not well tolerated by the individual.

Enhanced foods and supplements may be used to boost calories and protein as allowed by the diet texture ordered.

Included in this special edition are samples of fortified recipes for commonly accepted foods such as hot cereal, pudding and shakes. See the following pages for some easy fortified recipes!

For the extended version of this article and even more great information and fortified recipes, please visit www.BeckyDorner.com and log into our *FREE* membership section. You'll also find a free 4 hour CEU program on MNT for Hypertension!

We hope these suggestions will assist you in helping your clients achieve their nutrition and health goals!

Fortified Food Recipes

Fortified Oatmeal

1/2 Cup Portion

Ingredients	Measurement	Serves 10
Oatmeal	cup	3 1/3
Half-and-half	cup	5
Water	cup	2 1/2
Salt	tsp	1 1/4
Margarine	Tbs	3 1/3
Brown Sugar	Tbs	10

Directions:

1. Measure half-and-half, water, salt and margarine into saucepan. Bring to a boil.
2. Add oatmeal and cook until thick.
3. Serve with brown sugar on top.
4. Hold at $\geq 135^{\circ}$ F until service.

Calories	Protein, gm
321	7.5

Note: Oatmeal must be pureed for level 1 pureed diets.

Orange Creamsicle

1/2 Cup (4 oz) Portion

Ingredients	Measurement	Serves 10
Orange Sherbet	cup	3 1/3
Half-and-half	cup	2 1/2
Light Corn Syrup	cup	5/8
Oil	Tbs	3 1/3

Calories	Protein, gm
264	2.5

Directions:

1. Measure ingredients and blend together.
2. Maintain temperature $\leq 41^{\circ}$ F.
3. Serve immediately.



Fortified Food Recipes

Calorie Dense Pudding

1/2 Cup Portion

Ingredients	Measurement	Serves 10
Dry Instant Pudding Mix	cup	1 1/4
Half-and-half	cup	5

Directions:

1. Measure ingredients and blend together.
2. Refrigerate to set.
3. Maintain temperatures $\leq 41^{\circ}$ F until service.

Calories	Protein, gm
240	4.4

Ice Cream Delight

1/2 Cup (4 oz) Portion

Ingredients	Measurement	Serves 10
Ice Cream	cup	5
Half-and-half	cup	2 1/2
Light Corn Syrup	Tbs	10
Vanilla Extract	Tbs	5

Directions:

1. Blend all ingredients together.
2. Maintain temperature $\leq 41^{\circ}$ F until service.
3. Serve immediately after producing.

Calories	Protein, gm
283	4.1

Super Soup

3/4 Cup (6 oz) Portion

Ingredients	Measurement	Serves 10
Condensed Cream Soup*	10 3/4 oz cans	3
Half-and-half	1 can	3

*Cream of Celery, Cream of Chicken, Cream of Mushroom, Cream of Potato, or Cream of Onion

Directions:

1. Measure ingredients into an appropriate size pan and whisk together. (Use soup can to measure the half-and-half). Heat to boiling stirring constantly.
2. Maintain temperature $\geq 135^{\circ}$ F for holding and service.
3. Cool any leftovers to $< 41^{\circ}$ F within 4 hours for storage. Reheat leftovers to 165° F for a minimum of 15 seconds prior to serving (hold at $\geq 135^{\circ}$ F for service).

Calories	Protein, gm
192	5

Nutritional Supplement Schedule

Power Potatoes

1/2 Cup Portion

Ingredients	Measurement	Serves 10
Mashed Potato Flakes	cup	3 1/3
Water	cup	1 1/4
Half-and-Half Cream	cup	3 1/3
Margarine	Tbs	5
Salt	tsp	1 1/2

Directions:

1. Heat water, half-and-half cream, margarine and salt in a sauce pan just to boiling. (Do not overheat or cream will curdle.)
2. Remove from heat. Stir in mashed potato flakes until moistened. Let stand 30 seconds or until liquid is absorbed.
3. Whip with spoon until fluffy. Add additional hot liquid if potatoes are too stiff.
4. Serve with margarine or gravy to moisten.
5. Hold at $\geq 135^{\circ}$ F for service.

Calories	Protein, gm
238.5	4.75

Variations: Sour Cream: Serve with 1-2 Tbsp. sour cream per serving.
 Cheesy: Mix in 1 Tbsp grated cheddar cheese per serving.
 Garlic: Substitute garlic salt for salt in the recipe.

Cherry Vanilla Drink

3/4 Cup (6 oz) Portion

Ingredients	Measurement	Serves 10
Cherry Sherbet	cup	3 1/3
Half-and-Half Cream	cup	1 2/3
Almond Extract Flavoring	tsp	1

Calories	Protein, gm
216	3

Directions:

1. Process cherry sherbet in blender.
2. Add other ingredients and blend until smooth.
3. Maintain temperatures $\leq 41^{\circ}$ F.

