

Keeping healthy on a high-calorie diet

A fortified diet is higher in calories and is usually recommended on a short-term basis. You can still maintain a healthy balance while trying to gain or maintain your weight. The healthy heart tips (♥) indicate healthier choices you can make if you are concerned or have been advised to fortify your diet in the longer term.

Carbohydrate – Main source of **energy** and **fibre**.

Examples: Bread, cereals, rice, potatoes, pasta, oats, grains etc.

- ♥ **Choose wholegrain options**, such as porridge, muesli or wholemeal bread to help keep your digestive system and heart healthy.
- **Add margarine, cheese, mayonnaise or oil** into savoury options such as mashed potato, lasagne or sandwiches.
- **Add sugar, honey, cream or dried milk powder** into sweet options such as semolina, rice pudding or cereal.



Protein – Supports **growth** and our **body structure**.

Examples: Meat, fish, poultry, vegetarian alternatives, lentils, pulses, beans, eggs, nuts etc.

- ♥ **Help to reduce cholesterol** by choosing lentils, beans and pulses.
- **Try high protein toppings on your toast** such as sardines, scrambled egg or peanut butter.
- **Add extra pieces of meat** into soups, casseroles, stews or pies.

Fruit and vegetables: Provide **vitamins**, **minerals** and **fibre**.

Examples: Banana, berries, apple, carrot, peas, sweetcorn etc.

- ♥ **Choose a rainbow of colours** to get a range of antioxidants to help keep your arteries clear.
- **Make nourishing smoothies or milkshakes** using fresh, tinned or frozen fruits.
- **Serve vegetables with a sauce or accompaniment** such as a rich gravy, cheese sauce or honey.





Dairy: Supplies **calcium** needed to strengthen our bones.

Examples: Milk, dried milk powder, yoghurt and cheese etc.

- ♥ **Use dried milk powder** to boost protein and calcium without any additional fat.
- **Choose full-fat varieties** as these are higher in calories.
- **Fortify your milk** by adding 2-4 tablespoons of dried milk powder to a pint of milk, mix well and then use like regular milk.

Fats and sugars: Promote **weight gain** and provide **insulation**.

Examples: Margarine, oil, pastries, cakes, biscuits and sweets etc.

- ♥ **Oils found in fish** are good for the heart. Try eating oily fish like salmon, herrings, sardines or trout once a week.
- **Use vegetable/olive oil and spreads** in place of animal fats, like butter or lard, to lower your saturated fat intake.
- **Clean your teeth regularly** using fluoride toothpaste to protect against tooth decay.



Example of a balanced fortified meal plan

- **Breakfast:** Weetabix or porridge with fortified milk and honey, served with mixed berries or dried fruit and a glass of orange juice.
- **Mid-morning:** A cup of tea or coffee with fortified milk and a shortbread finger or a banana.
- **Lunch:** Shepherd's pie made with a rich gravy and creamy mashed potato, followed by apple crumble and custard made with fortified milk.
- **Mid-afternoon:** A nourishing fruit smoothie or milkshake and a slice of fruit malt loaf with margarine or a handful of nuts.
- **Dinner:** Scrambled eggs made with margarine and fortified milk or tinned sardines on toast with spread followed by a creamy fruit yoghurt dessert.
- **Before bed:** Hot chocolate or Horlicks made with fortified milk and sugar.

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 30495422 (Monday to Friday, 9am to 5pm).

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t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

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