



# Fortifying Drinks



## What is fortifying?

To fortify is to increase the nutritional density of an item, without increasing its volume. This means when fortified, a pint of milk is still a pint of milk (volume), however its nutritional content is enhanced with additional nutrients like protein, calories and micronutrients.

## Why Fortify?

Fortifying can make a significant and positive impact for those identified as at risk of undernutrition, and those needing additional nutritional support to aid recovery.

## Fortifying tea and coffee is as easy as 1,2,3

1. To make a pint of fortified milk, mix 5 tablespoons of Lakeland Dairies 100% Dairy Skimmed Milk Powder with half a pint of milk to form a runny paste
2. Whisk in remainder of milk until smooth
3. Put the fortified pint of milk out onto the tea trolley for use throughout the day.

Each pint of milk is now fortified with an additional 250 calories and 25g of protein. This is more protein than 100g of steak or three eggs would provide! Every time the milk is used in tea, coffee, milkshakes or on breakfast cereals the individual is gaining additional calories and protein in a tasty, enjoyable, and respectful way. It's so easy!

*Fortifying Liquid Milk is simple and effective*



Adding 5 heaped tbsps\* of our 100% Dairy Skimmed Milk Powder to a pint of milk **adds** an extra **250 calories** and **25g of protein!**

\* tablespoon = 15g

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**Fortification Recipe Booklet!**  
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[care@lakelanddairies.com](mailto:care@lakelanddairies.com)



# View from a *Dietitian*

**“As a dietitian I promote 100% dairy skimmed milk powder for fortification because it is an amazing source of calories and protein. It is the unsung hero in food fortification, and it is so simple to use.**

**I am a strong advocate of the food first approach to fortification; enhancing food with a balance of calories, protein, and other nutrients, given to residents who have been identified as being at risk of undernutrition.**

**I recommend adding a pint of milk fortified with 100% dairy skimmed milk powder to the tea trolley in care homes as it’s one of the easiest ways to improve calorie and protein intake throughout the day. This could easily be replicated in hospitals as well.”**

*Rachael Masters, Dietitian at Focus on Undernutrition*

## Five Top Tips

- 1** Mix the milk powder with half of the milk to form a runny paste, then whisk in the remainder of the milk
- 2** Make fortified milk in batches and store in the fridge for staff to use throughout the day
- 3** Replace ordinary milk in teas, coffees and milk drinks throughout the day, and for breakfast cereals
- 4** Replace ordinary milk when making desserts, soups, main meals and accompaniments
- 5** Adding milk powder can make milk taste creamier, so if your residents find it too rich replace liquid whole milk with semi-skimmed milk



**“Using Lakeland Dairies 100% Skimmed Milk Powder on our drinks trolley in the fortified milk and fortified milkshakes has made a fantastic difference. It enables us to easily and simply achieve our goal to add both calories and protein into the diets of our residents. Especially in residents whose appetite and portion sizes are small; the provision of fortified milk and fortified dishes are essential for improving their overall wellbeing, especially tissue viability and skin integrity”**

*David Richards,  
Group Catering Manager, Hill Care*

Many thanks to David Richards,  
Group Catering Manager Hill Care and  
Consultant Dietitian Rachael Masters who  
took this photo in the evening for us.



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