



# When fortifying dishes and drinks for residents at risk of undernutrition, what milk powder should you use?

Is milk powder part of your staple ingredients cupboard?

Yes

No

Do you use milk powder to fortify dishes, milk and drinks for residents at risk of undernutrition?

Yes

No

All milk powders are ideal as everyday convenient alternatives to liquid milk, for preparing custards or milk puddings and other kitchen needs

Did you know 35% of residents are at risk of undernutrition<sup>1</sup>. It is recommended these residents are provided with three fortified dishes daily, fortified milk and fortified drinks<sup>2</sup>. These items should be fortified with skimmed milk powder to increase the protein, calories and nutrient content without increasing the volume.

Which type of milk powder do you use: 'added vegetable fat' or '100% dairy'?

100% dairy

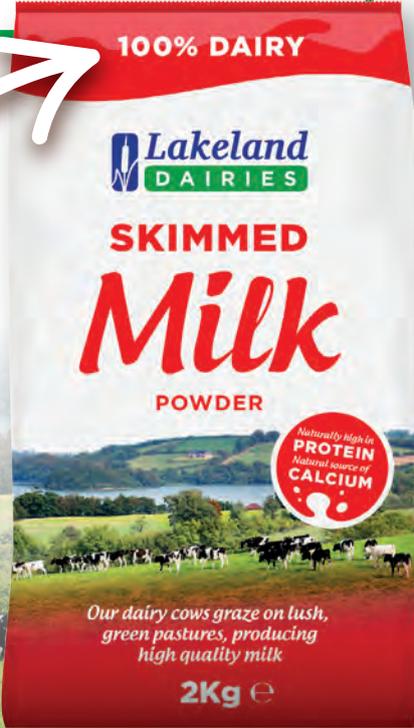
added veg. fat

Added vegetable fat type milk powders are great as convenient alternatives to liquid milk, or for custard and milk puddings. However, these are **NOT** recommended for fortifying dishes for residents at risk of undernutrition. The protein content in vegetable fat milk powders is significantly lower than dairy milk powders.

You have the ideal ingredient for fortifying dishes, milk and drinks!

Type of Milk Powder	Protein per 100g	Protein per tablespoon (15g)
100% dairy - skimmed	up to 36.7g	5.5g
100% dairy - whole	up to 26.0g	3.9g
Added vegetable fat	from 12.0g	1.8g

55 Calories  
5.5g protein  
per 15g tbsp



**Check your label**  
If it does not contain at least 30g protein per 100g, swap to a **100% dairy skimmed milk powder**

## Did you know?

- 100% dairy skimmed milk powders provide the highest level of protein and are full of the Goodness of Milk<sup>4</sup>.
- Dietitians recommended milk powders are used for fortification to provide extra protein<sup>3</sup>. An ideal milk powder should provide at least 30g protein per 100g<sup>2</sup>. Such protein levels can only be found in 100% dairy skimmed milk powders.
- It is recommended 1 tablespoon of milk powder (15g) is mixed with 2 tablespoons of double cream when fortifying dishes<sup>2</sup>. This can provide an extra 5.5g protein and 55 calories from the milk powder.
- 100% whole milk powder can be great for adding extra calories and making dishes creamier, but it has a lower protein content. 100% dairy skimmed milk powders contain more protein and make dishes and drinks more palatable to residents.

Click Here to claim your Lakeland Dairies Fortification Recipe Booklet for care settings

<sup>1</sup> Russell, C & Elia, M (2015) Nutritional screening survey in care homes (2007-2011).  
<sup>2</sup> www.focusonundernutrition.co.uk  
<sup>3</sup> https://www.bda.uk.com/resource/malnutrition.html  
<sup>4</sup> https://www.dairycouncil.co.uk

