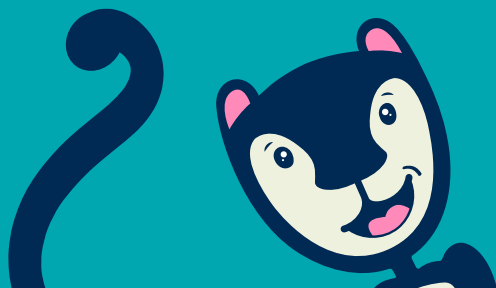




# Food Fortification

for Children

AUGUST 2022



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### What is food fortification?

Adding ordinary, household ingredients to a child's meals and snacks to increase its nutritional content, without increasing the amount of food which needs to be eaten.



### What is the aim of food fortification?

To increase calorie and protein intake of the child in addition to regular meals, small high calorie snacks, and in some children nutritional supplements.



### Who would benefit?

Children that are at risk of faltering growth or those who need additional protein and calories to support growth and weight gain.



## How can food be fortified?

Meals and snacks can be fortified by adding foods high in fat, protein and/or carbohydrates to usual foods.

The following list provides ideas of foods that can be fortified and with what products:

	<b>Fat</b>	<b>Carbohydrate / Sugar</b>	<b>Dairy / Eggs</b>	<b>Condiments</b>
<b>Breakfast – porridge, cereals, pancakes, waffles, crumpets</b>	Butter Avocado	Stewed, puree, tinned or dried fruit Jam Sugar Honey Syrup	Full cream milk Milk powder Single or double cream Full fat Greek yogurt Scrambled / boiled egg	Peanut butter or other nut butters Nuts and seeds Ground almonds Chocolate spread Chocolate sauce
<b>Main meals – mashed potato, pasta and rice dishes, vegetables and soups</b>	Butter Ghee Oil Margarine Pesto Avocado	Breadcrumbs Croutons Honey	Crème fraiche Sour cream Cheese – grated / full fat spreadable cheese Evaporated milk Full fat Greek yogurt Full cream milk Milk powder Hard-boiled egg / raw egg mixed with sauces	Mayonnaise Salad cream Tomato ketchup Chutney Cooked or tinned beans / lentils Coconut cream Tahini Nuts or seeds Smooth guacamole or hummus Satay sauce
<b>Pudding</b>	/	Jam Honey Syrup Tinned, puree, dried or stewed fruit Biscuit crumbs	Full fat or Greek style yoghurt Crème fraiche fromage frais Full cream milk Evaporated milk, single or double cream Ice-cream Custard	Chocolate spread Chocolate, lemon or raspberry sauce Melted chocolate Condensed milk Ground almonds

## Top tips

- Offer 3 fortified meals and 2-3 high calorie snacks per day. Childrens' appetites may vary and they may not be interested in eating everything that is on offer but remember that every bite counts!
- Offer at least 1-2 milky drinks per day such as hot chocolate, Horlicks, Ovaltine, milk-based fruit smoothies or milkshakes with added ice-cream and/ or cream. These can also be made into lollies which is a fun activity for both adults and kids.
- Batch cook or freeze meals / sauces where possible – this will cut down on the time spent cooking.

The table provides some ideas on how to increase calorie intake by approximately 50kcal per meal.

Try and include at least one of these items at each meal.

For younger children a smaller portion may be required.

### Measurement

#### Dairy / Egg

Full fat milk	1/3 cup
Full fat Cream cheese (eg Philadelphia)	1 tbsp.
Evaporated milk	2.5 tbsp.
Grated cheese	1.5 tbsp.
Full fat yogurt	85g
Greek yogurt	50g
Double cream	2 tsp.
Single cream	8 tsp.
Ice cream	2 tbsp.
Custard	4 tbsp.
Dried skimmed milk powder	4 tbsp.
Egg	1 small

#### Fat

Butter	½ tbsp.
Oil	1.5 tsp.
Pesto	15g
Hummus (check on the brand)	15g
Avocado	1/3 fruit or 4 tbsp.

#### Condiments

Full fat mayonnaise	1 tbsp.
Salad cream	1 tbsp.
Chocolate Spread	½ tbsp.
Coconut cream	1 tbsp.
Smooth peanut (or any nut) butter	½ tbsp.
Condensed milk	1 tbsp.
Tahini	1 heaped teaspoon
Breadcrumbs	1 tbsp.
Ground almonds	1 tbsp.

#### Carbohydrate / sugar

Jam	2 tbsp.
Honey/Golden syrup	1 tbsp.
Dried fruit e.g. raisins	1 miniature box (14g)

## Nutritional Supplements

In some circumstances nutritional supplements are required in addition to food fortification to support growth and health in children.

These supplements can be taken on their own, made into recipes or neutral flavoured powder supplements can be used in food fortification.

AYMES has a range of neutral flavoured powdered nutritional supplements which can be easily added into foods and recipes to increase the nutritional value.

Mix 1-2 heaped tsp.(10g) into a small pot of yogurt / custard / white sauce / mash potato / soup / porridge / cereal (mix with milk first) / milky drinks.

This will provide between 43 - 51kcal and 1.4 - 3g protein per meal or snack as per below information.

<b>AYMES</b>	<b>Format</b>	<b>Amount</b>	<b>Calories</b>	<b>Protein</b>
<b>ActaJuni Shake</b>	Powder	10g	51	1.4g
<b>AYMES Shake</b>	Powder	10g	44	2.1g
<b>AYMES Shake Fibre</b>	Powder	10g	43	2.1g
<b>AYMES Shake Compact</b>	Powder	10g	45	2.1g
<b>Actasolve Protein Compact</b>	Powder	10g	44	3g

## Further information

For more information on how you can incorporate AYMES ONS into a range of meals and snacks please visit our website where you will find lots of tasty recipes: <https://aymes.com/pages/recipes>

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