

# Brakes guide to Fortified diets



## What is malnutrition?

Malnutrition literally translates as 'poor nutrition' which can either mean people aren't getting enough nutrients (under-nutrition) or they're getting more nutrients than they need (over-nutrition). For the purpose of this leaflet, we are focussing on under-nutrition.

## How many people does it effect?

It's estimated that in the UK, malnutrition affects over 3 million people\* Of these, about 1.3 million are over the age of 65. BAPEN's Malnutrition and Nutritional Care Survey in Adults 2022 revealed that malnutrition risk is highest for people living in their own homes (56%) and in residents living in care homes (55%). In hospitals, 44% of patients were at risk of malnutrition. \*British Association for Parenteral and Enteral Nutrition (BAPEN)

## How does it affect them?

There are a number of reasons why people become malnourished, such as having a poor appetite, as a result of an illness, having poor sense of taste and smell or it could be as a consequence of disorders like dysphagia (swallowing difficulties). It could also be because food is presented poorly, meals are served at unsuitable times, there is no choice of portion size, food is served at an inappropriate temperature or there is a lack of snacks and nourishing drinks throughout the day.

### What to look out for:

- Unintentional weight loss
- General lack of interest in food
- Loss of appetite
- Low body weight (body mass index of less than 18.5)
- Feeling weak and tired
- Regularly being ill but taking longer to recover than usual



## Hints and tips

Although nutritional supplements can play a useful role for some people, using the 'food first' approach is advised. Use nutrient dense ingredients to fortify meals and snacks with extra energy, protein, vitamins, minerals, and sometimes fibre. Making meals more nutrient dense without increasing the portion size, can be particularly useful for people with smaller appetites.

Food fortification can be more practical and cheaper than using nutritional supplements. Offering fortified snacks, meals and drinks regularly throughout the day, can help to stimulate appetite. You could consider these ideas:



Add skimmed milk powder to whole milk, custard and porridge



Use eggs as a snack (hard boiled) or add to custard, mashed potatoes and milk-based desserts



Add cheese to soups, vegetables and potatoes



Use Greek yogurt as a dessert accompaniment or add to porridge, milk-based desserts, curries



Add nut butters to porridge, rice pudding and curries



Use ground almonds when making biscuits and cakes or use to top breakfast cereals and porridge

# Brakes guide to Fortified diets

## Snacking

Snacks between meals can be a really helpful way of increasing overall food intake, particularly for people with smaller appetites. Offer 2-3 snacks in between meals each day and some milky drinks too.

### SAVOURY SNACKS

- Cheese and crackers
- Handful of nuts
- Cheese scone
- Fruit teacake
- Nut butter on toast
- Hard boiled egg

### SWEET SNACKS

- Fruit & nut flapjack
- Handful dried fruit
- Cake and biscuits made with ground nuts
- Fruit with Greek yogurt
- Scone with cream & jam
- Frozen yogurt

### MILKY DRINKS\*

- Coffee made with fortified whole milk
- Hot chocolate made with fortified whole milk
- Malt drinks such as Ovaltine
- Ice cream/milk-based smoothie

*\*If cows milk is unsuitable, choose dairy alternatives that are fortified with vitamins and minerals.*

