

Nutrient fortification

Food	Amount	Energy content (calories)	Protein content (grams)
Milk and milky drinks			
Milkshake made with milk & dried, skimmed milk powder*	200ml (1 small mug full)	305	17
Complan*		310	12.5
Fortified milk*		200	12.5
Meritene Energis*		247	16.5
Horlicks*		235	9
Ovaltine*		230	8.5
Bournvita*		170	8.5
Full fat milk		140	7
Semi skimmed milk		95	7
Skimmed milk		66	7
Milkshake*		200	7
Hot chocolate*		180	7
Cocoa*		168	7
Milky coffee*	*Made with full fat milk	140	5
Snacks			
¼ sandwich with pate	½ slice bread + thickly spread pate	111	4
Peanuts	1 dessert spoon	120	5
Mini Scotch egg	1	72	3.5
Mini pork pie	1	118	3
Sausage roll	1 medium	230	6
Custard	150g pot	150	5
Low fat custard	150g pot	135	5
Custard tart	1 small	260	6
Rice pudding	1 small tub	102	4
Thick & creamy yoghurt	150g pot	230	5
Low fat yogurt	125g pot	98	5
Virtually fat free yogurt	175g pot	89	7
Fromage frais	50g pot	62	2.5
Fortifiers			
Dried skimmed milk powder	1 tablespoon	55	5.5
Cheese, grated	1 tablespoon	40	2.5

Greek yogurt	1 tablespoon	61	2
Plain low fat yogurt	1 tablespoon	22	2
Ground almonds	1 tablespoon	60	2
Soy protein powder	1 tablespoon	50	14
Pea protein powder	1 tablespoon	60	11
Gram flour	1 tablespoon	22	1.3
Peanut butter	1 tablespoon	94	4
Cashew butter	1 tablespoon	94	2.8
Almond butter	1 tablespoon	98	3.4