



### What are fortified foods?

Fortified foods have protein, carbohydrates, and/or fats added to increase the total nutritional value of the food. The serving size and volume of food is often the same as the standard menu, but the fortified food provides more calories and/or protein.

Fortified foods are indicated for people who are at risk for malnutrition, have insufficient intake, or who have increased energy and/or protein needs. Fortified foods are especially beneficial when a person does not accept or tolerate oral nutritional supplements and for people with impaired cognition.



### What are oral nutritional supplements?

Oral nutritional supplements are commercially prepared liquids, powders, and disease-specific or nutrient-dense formulations, that are frequently used to increase energy and protein intake for people at nutritional risk.

Oral nutritional supplements may be used as ingredients in homemade shakes and as part of the person-centered meal plan to meet each person's nutritional needs.



## **Tips for a successful fortified foods program and use of oral nutritional supplements**

- Facility policies and procedures should call for person-centered fortified foods meal plans and the use of oral nutritional supplements when needed.
- Meal plans with fortified foods and/or oral nutritional supplements should be developed according to the person's needs, preferences and prescriber's orders.
- Liberalize the diet as much as possible to allow for more menu choices and to increase the fortified food options.
- Maintain a list of regular menu items and recipes with their nutritional content. Foods such as yogurt, pudding or ice cream may be included because the person may like to eat these calorie-rich foods more than other options.
- Maintain a list and the recipes of popular fortified foods and their nutritional value, and any oral nutritional supplements provided.
- Offer fortified foods and/or oral nutritional supplements with meals or between meals to increase protein and calorie intake.
- Observe meals and snacks to assess how well the fortified foods and/or oral nutritional supplements are consumed.
- Add flavor and variety to increase intake at mealtime:

- add butter, cream, sour cream, nut butters or avocado
- serve extra gravy, sauces, mayonnaise or ketchup
- provide small cups of condiments and sauces for easy-access and dipping
- switch to full-fat dairy products if applicable and accepted
- increase sweetness and flavor if needed by adding sugar to hot beverages, syrup or honey to hot cereal, or toppings to desserts
- Add protein to a meal plan:
  - add Greek-style yogurt or extra eggs for breakfast
  - serve a side of cottage cheese/fruit, extra serving of sandwich filling, or a large portion of the meal's protein
  - replace whole or low-fat milk with skim milk to provide more protein without extra calories
  - offer peanut butter, yogurt, cheese or higher-protein items as a snack
  - obtain order to add a protein supplement to favorite beverages or food items
  - add powdered milk to foods or use in recipes

## **Supplement choices for people receiving thickened liquids**

International Dysphagia Diet Standardization Initiative (IDDSI) testing methods ensure safety for those on thickened liquids. Commercially prepared supplements include labels that show the supplement's IDDSI level and provide manufacturer's instructions for serving. Homemade supplement recipes may require modifications to thicken the liquids. For both commercially or homemade supplements, use the IDDSI testing methods to assure safety and consult with a speech language pathologist when introducing new products or recipes.

[IDDSI Framework](#)

## **References**

[Nutrition Care Manual® \(NCM®\)](#). Available online by purchase/subscription.

[International Dysphagia Diet Standardization Initiative \(IDDSI\)](#).