
PRESSURE ULCER/INJURY RECURRENCE

INFORMATION SHEET ON FOOD FORTIFICATION - ENERGY – TIPS FOR EVERYONE



When experiencing appetite loss, weight loss, malnutrition, or certain clinical conditions such as pressure injuries, it may be necessary to increase your energy intake.

Food fortification involves adding high-energy foods to meals to boost calorie content. This is an effective and simple way to enhance meal calories and support weight gain. In cases of malnutrition and appetite loss, prioritise small-portion, energy-dense foods.

Below are examples of ways to fortify food and fluids; feel free to combine multiple ingredients for added fortification.



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Beverages (tea, coffee, milk, water)

- 1 tablespoon of cream – 28 kcal
- 1 tablespoon of instant chocolate – 31kcal
- 1 tablespoon of whole milk powder – 40 kcal
- 1 tablespoon of sugar – 48 kcal
- 1 tablespoon of honey – 54 kcal

Porridge/cereal

- 1 tablespoon of cream – 28 kcal
- 1 tablespoon of instant chocolate – 31 kcal
- 1 tablespoon of whole milk powder – 40 kcal
- 1 tablespoon of caramel topping – 45 kcal
- 1 tablespoon of sugar– 48 kcal
- 1 tablespoon of marmalade- 49 kcal
- 1 tablespoon of honey – 54 kcal
- 1 tablespoon of condensed milk – 62 kcal
- 1 tablespoon of jam – 56 kcal
- 1 tablespoon of agave- 63 kcal
- 1 tablespoon of peanut butter – 94 kcal
- 1 tablespoon of butter – 102 kcal

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Soup/stews/casseroles/pasta

- 1 tablespoon of cream – 28 kcal
- 1 tablespoon of grated cheese – 37 kcal
- 1 tablespoon of whole milk powder – 40 kcal
- 1 tablespoon of cheese spread – 44 kcal
- 1 tablespoon of butter – 102 kcal
- 1 tablespoon of olive oil – 120 kcal
- 1 tablespoon of corn oil – 122 kcal

Pureed food (avoid to change consistency, do not add more liquids)

- 1 tablespoon of grated cheese- 37 kcal
- 1 tablespoon of whole milk powder – 40 kcal
- 1 tablespoon of cheese spread- 44 kcal
- 1 tablespoon of butter – 102 kcal

Vegetables or meat/chicken/fish

- 1 tablespoon of cream – 28 kcal
- 1 tablespoon of grated cheese – 37 kcal
- 1 tablespoon of whole milk powder – 40 kcal
- 1 tablespoon of cheese spread- 44 kcal
- 1 tablespoon of honey – 54 kcal
- 1 tablespoon of Pesto Sauce – 60-80 kcal
- 1 tablespoon of mayonnaise – 94 kcal
- 1 tablespoon of butter – 102 kcal
- 1 tablespoon of olive oil – 120 kcal
- 1 tablespoon of corn oil – 122 kcal

Salads

- 1 tablespoon of grated cheese – 37 kcal
- 1 tablespoon of Pesto Sauce – 60-80 kcal
- 1 tablespoon of mayonnaise – 94 kcal
- 1 tablespoon of butter – 102 kcal
- 1 tablespoon of olive oil – 120 kcal
- 1 tablespoon of corn oil – 122 kcal

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Desserts

- 1 tablespoon of cream – 28 kcal
- 1 tablespoon of instant chocolate – 31 kcal
- 1 tablespoon of ice cream -30-60 kcal
- 1 tablespoon of whole milk powder – 40 kcal
- 1 tablespoon of caramel topping – 45 kcal
- 1 tablespoon of sugar – 48 kcal
- 1 tablespoon of marmalade- 49 kcal
- 1 tablespoon of honey – 54 kcal
- 1 tablespoon of jam – 56 kcal
- 1 tablespoon of condensed milk – 62 kcal
- 1 tablespoon of agave– 63 kcal
- 1 tablespoon of peanut butter – 94 kcal

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Note: Always consult with your dietitian to help you adjust your energy intake. Ask your doctor or nurse for a referral.

Source: U.S. Department of Agriculture. FoodData Central. USDA FoodData Central. 2019 [cited 2025 Sep 16]. Available from: <https://fdc.nal.usda.gov/>