

FORTIFIED MILK

NOURISHING DRINKS

Food fortification is a process where a food or meal is enriched with nutrients. If you're losing weight without trying or finding it hard to eat during treatment, it's a good idea to fortify your food with extra energy and protein. This helps you get more out of your meals without having to eat a lot more.



INGREDIENTS

- 1 pint full fat milk
- or for plant based oat/soya milk
- 4 tablespoons dried milk powder
- or for plant based 2-4 tablespoons of oat/soya cream

METHOD

1. Mix together
2. Store in the fridge
3. Add into recipes such as our Nourishing Strawberry Milkshake

Heads up: It is important to talk to a dietitian if you are needing to fortify foods with energy and protein but also have another condition such as diabetes, food intolerances or kidney disease.



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live **well** with cancer

All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into your diet if you require a high-energy diet during and after cancer treatment. However, it is essential to consult with your medical team for personalized advice tailored to your specific treatment pathway.