

Community Dietetic Service

Beckenham Clinic
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Beckenham
BR3 1DU

Tel: 020 8662 6682

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Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1 Knoll Rise
Orpington
BR6 OJA
bromh.feedback@nhs.net
bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
Company no: 06815987 Registered in England
Registered office: Central Court, 1 Knoll Rise, Orpington BR6 OJA



Adding extra calories and protein

Bromley Adult Community Dietitians

Adding extra protein

Enriched milk

- Add 5 tablespoons of milk powder to 1 pint full cream milk
- Use this in all drinks, cooking, cereals, soups, milk puddings, custards or instant pudding mixes

Evaporated milk

- Add to soups, sauces, milk puddings or desserts
- Use to make up jelly and instant whips
- Pour over tinned fruit and puddings
- Use in milk drinks e.g. hot chocolate, malted milk

Pulses and beans

- Add lentils and beans to soups and casseroles

Yoghurt

- Add full fat natural yoghurt to stews or casseroles just before serving
- Try full fat yoghurt as a fruit or dessert topping
- Make yoghurt drinks by adding milk, fruit juice or ice cream to a pot of yoghurt

Cheese

- Add grated cheese to mashed potato, sprinkle on cooked vegetables or pasta
- Sprinkle grated cheese over baked beans, scrambled eggs or soups
- Make cheese sauces using enriched milk

Adding extra calories

Butter or margarine

- Add to mashed potato, cooked vegetables and scrambled eggs
- Spread thickly on bread, toast, tea cakes, scones or crackers

Cream

- Add to white sauces, stews and casseroles
- Add to soups, custards and milk puddings
- Serve with fruit, cakes or sponge puddings

Sugar

- Add to breakfast cereals, puddings and drinks.

Jam, marmalade, honey and syrup to:

- Add to milk puddings and breakfast cereals e.g. porridge
- Add syrup or honey to warm milk

Add mayonnaise/ salad cream to:

- Potatoes
- Salads
- Sandwich fillings e.g. egg, tuna, cheese
- Cold vegetables

Ice cream

- Serve with sponge cake or puddings
- Add to milk or lemonade for drinks