

## Community Dietetic Service

**Beckenham Beacon**

**379 Croydon road**

**Beckenham**

**BR3 3QL**

**Tel: 0300 330 5777**

### 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  
1b Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Central Court, 1b 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

- 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