



Adding Calories to Soup

Soup is one of the easiest foods to fortify without changing the flavour too much.

Try adding the following

**2 x tbsp Double Cream
= 135kcal**

**2 x tbsp Skimmed
Milk Powder = 104kcal**

**2 x tbsp Grated Cheese
= 127kcal**

**All of the above
=366kcal**

Double Cream, Skimmed Milk Powder and Grated Cheese can be added to any flavour “Cream of” Soup

For Example:

**Cream of Chicken Soup
520ml/544kcal/26.1g of protein**

Cream of Chicken soup 1 can
2 tablespoons of double cream
2 tablespoons of grated cheese
2 tablespoons of skimmed milk powder



This is based on 1 can of cream of chicken soup which started out at 178kcal

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