

## Food Fortification Quiz

Can you guess the calorie content of the following?  
Calorific Answers

Regular Dish	Supplemented Dish
Porridge made with water  <b>74 calories</b>	Porridge made with fortified whole milk and cream  <b>385 calories</b>
Glass of semi – skimmed milk  <b>92 calories</b>	Strawberry milkshake made with fortified whole milk and milk shake syrup  <b>319 calories</b>
Milk pudding made with semi – skimmed milk  <b>113 calories</b>	Milk pudding made with fortified whole milk and: 2 tsp of jam <b>291 calories</b> 2 tblsp double cream <b>366 calories</b>
Vegetable Soup  <b>180 calories</b>	Vegetable Soup with a small handful of grated cheese  <b>305 calories</b>
Low fat Horlicks made with water  <b>102 calories</b>	Horlicks with fortified whole milk  <b>248 calories</b>
Hot chocolate made with semi skimmed milk  <b>140 calories</b>	Hot chocolate made with fortified milk and double cream  <b>330 calories</b>
2 plain biscuits  <b>90 calories</b>	Biscuits and cheese  <b>215 calories</b>