

Nutrition Ink Fortified CCD Diet

Follow the CCD diet with the following additions:

1. Beverage: Add 2 TBSP liquid pasteurized eggs to each 8 oz glass of whole milk served (50 kcal and 3.5 gm protein in pasteurized eggs) or 200 kcal and 11 gm protein total in 8 oz. This would equal 600 calories and 33 gm protein in 3 glasses per day.
2. Add 2 pat or tsp of margarine to each appropriate item served (eg. Vegetables, starch)

Serve Fortified Cereal (recipe # 5380)

Add half and half or fortified milk to scrambled egg mixture.

For meals with meat and/or vegetables add 2 tablespoons of fortified gravy.

Quantities for Food Preparation

Item Added	10 Servings	15 Servings	20 Servings	25 Servings
Milk Plus 8 oz	2/3 gal	1 gal	1 ½ gal	1 ¾ gal
Pasteurized Eggs	1 ¼ cup	2 cups	2 ½ cup	3 cups
Non Fat Dry Milk	2/3 cup	1 cup	1 1/3 cup	1 ¾ cup
Margarine / Butter	3 Tbsp	4 Tbsp	6 Tbsp	7 Tbsp
Meat/Veg/Starch (each)	1 lb 14 oz	2 lb 14 oz	3lb 16 oz	4 lb 10 oz