

## Food First for Undernutrition - 100 Calorie Boosters

The following examples are approximately 100 calories each. These boosters could be added to meals to fortify them, or eaten as a snack.

Try to have an additional 5 boosters every day, as snacks or added to your meals, to help increase your intake. An extra 500 calories a day may help you to stop losing weight and/or promote weight gain.

### Snack and drink ideas\*

- ❖ 2 digestive biscuits
- ❖ 2 Jaffa cakes
- ❖ 1 French Fancy
- ❖ 1 slice of malt loaf
- ❖ 1 crumpet
- ❖ 1 cereal bar
- ❖ 3 oatcakes
- ❖ 1 ready-to-eat custard pot
- ❖ 1 rice pudding pot
- ❖ 5 jelly babies



- ❖ 4 squares of milk chocolate
- ❖ 1 bag of crisps
- ❖ 1 ½ boiled eggs
- ❖ 1 snack-sized sausage roll
- ❖ 1 slice of bread and butter
- ❖ 25g mixed nuts
- ❖ 1 banana
- ❖ 30g dried fruit
- ❖ 250ml orange juice
- ❖ 200ml whole milk

### Additions to savoury meals, soups and snacks

- ❖ 3 tablespoons of grated cheese
- ❖ 40g full fat soft cheese
- ❖ 1 tablespoon of olive oil
- ❖ 2 tablespoons of pesto
- ❖ 2 tablespoons of Houmous
- ❖ 1 tablespoon of mayonnaise



- ❖ 1 tablespoon of peanut butter
- ❖ 2 tablespoons of skimmed milk powder
- ❖ 50ml coconut cream
- ❖ 1 tablespoon of butter/ margarine
- ❖ ½ an avocado

### Additions to sweet meals and snacks\*

- ❖ 1 small pot full fat yoghurt
- ❖ 1½ tablespoons of chocolate spread
- ❖ 2 tablespoons of lemon curd
- ❖ 3 tablespoons of jam
- ❖ 2 tablespoons of golden syrup
- ❖ 2 tablespoons of honey or sugar



- ❖ 2 tablespoons of crème fraiche
- ❖ 2 tablespoons of double cream
- ❖ 2 tablespoons of condensed milk
- ❖ 2 scoops of ice-cream
- ❖ 1 tablespoon of mascarpone
- ❖ 4 tablespoons of evaporated milk

\*If you have diabetes, continue to choose sugar free drinks, you can have a moderate amount of sugar containing foods. You may also need to monitor your blood sugar levels more closely than normal. Contact your GP or nurse if you have any concerns.

**If you are concerned that you are continuing to lose weight or struggling with your appetite, ask your GP or community nurse to refer you to a Dietitian.**