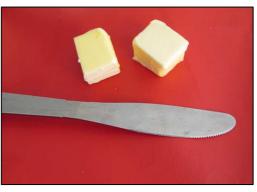




100 Calorie Boosters

The following examples are approximately 100 calories each. These boosters can be added to any appropriate meal to fortify it, or eaten as a snack to promote weight gain.

Savoury Options: ☐ A small handful of grated cheese ☐ 1 tablespoon of mayonnaise ☐ 1 tablespoon of peanut butter ☐ 1 tablespoon of oil ☐ 2 cubes of butter □ 2 tablespoons of pesto ☐ 2 tablespoons of salad cream ☐ 2 tablespoons of hummus ☐ 2 heaped tablespoons of dried milk powder **Sweet Options:** ☐ 1 heaped tablespoon of sugar ☐ 1 small pot of full fat yoghurt ☐ 1½ tablespoons of double cream ☐ 2 tablespoons of chocolate sauce ☐ 2 tablespoons of golden syrup □ 2 tablespoons of lemon curd □ 2 tablespoons of condensed milk ☐ 2 tablespoons of honey ☐ 2 scoops of ice cream Snacks and drinks □ A small handful of nuts ☐ A small handful of dried fruit ☐ 1 banana □ 1 shortbread finger ☐ 1 bag of crisps ☐ 1 slice of malt loaf ☐ 2 Jaffa Cakes ☐ 3 cream crackers ☐ 3 cubes of milk chocolate □ 5 jelly babies ☐ 150ml of full fat milk ☐ 200ml of orange juice











☐ 250ml of regular cola

Tip: Choose at least 5 booster examples to have each day to achieve the 500 extra calories required to help you gain weight.