

100kcal boosters

A 'food first' approach

If you are struggling with a poor appetite or have lost weight recently then this information sheet could help you.

The following are examples of boosters that are approximately 100 calories each.

If you have been seen by the speech and language therapist and diagnosed with **dysphagia** (problems with swallowing) please **do not** use this information sheet.



Extras for recipes and meals

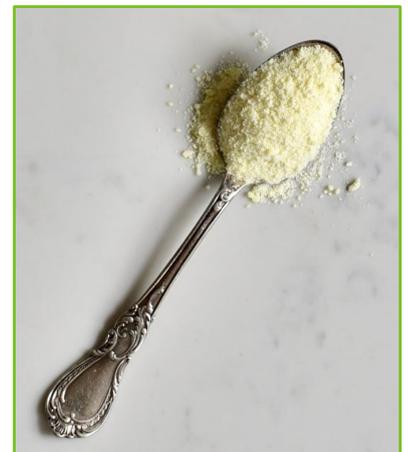
- 25g hard cheese
- 1 tablespoon of cream cheese
- 1 heaped teaspoon of mayonnaise
- 1 tablespoon of salad cream
- 1 tablespoon of oil
- 2 cubes of butter
- 3 tablespoons of milk powder
- 20ml double cream
- 2 tablespoons of condensed milk
- 1 tablespoon of honey
- 50ml (¼ can) coconut cream
- 150ml full fat milk

Sweet snacks

- A small handful of dried fruit
- 1 banana
- 1 pot of custard
- 1 small pot of full fat yoghurt
- 1 scoop of ice cream
- 1 shortbread finger
- 1 or 2 chocolate digestive biscuits
- 1 slice of malt loaf
- 2 Jaffa cakes
- 2 squares of milk chocolate
- 5 jelly babies
- Fun-sized chocolate bar
- 200ml orange juice
- 250ml regular cola or fizzy drink

Savoury snacks

- A small handful of nuts
- 1 small bag of crisps
- 25g hard cheese
- 3 cream crackers (add butter and cheese for extra calories)
- Half of a medium avocado
- 30g pate
- 2 tablespoons of hummus
- 1 heaped teaspoon of peanut butter
- 1 small bag of mini cheddars
- 1 crumpet (add butter for extra calories)
- 1 potato cake (add butter for extra calories)



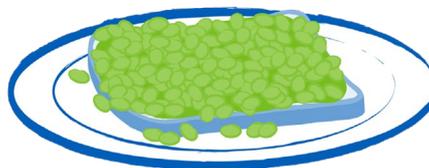
Eat little and often

Try to have 3 meals each day plus 3 snacks and nourishing drinks between meals. If you cannot eat a full meal, eat a small amount every 2-3 hours.

Try these booster ideas:



Eat what you fancy – for example, sometimes cold foods could be more appetising – and if your appetite is better at certain times of the day, aim to eat more at these times



Use convenience foods – ready meals and puddings can be easier to prepare and just as nutritious



If you add extra sauces or gravy to your meals they may be easier to eat



Choose foods and drinks that are 'nourishing', i.e. high in calories and protein, such as 'whole' milk and other full fat dairy products.



Avoid foods labelled 'diet', 'reduced/low fat', 'healthy eating' or 'sugar free'



Drinking during meals may make you feel full so try and wait until after you have finished eating to have a drink

