

100Kcal boosters – heart healthy: A Food First Approach

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

If you have been seen by the speech and language therapist and diagnosed with DYSPHAGIA (problems with swallowing) please do not use this leaflet.

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 and if your appetite is better at certain times of the day, aim to eat more at these times. Cold foods can sometimes be more appetizing than hot foods.
- Use convenience foods; ready meals and puddings can be easier to prepare and are 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 low fat yoghurt, protein yoghurt, protein drinks such as Huel and UFIT.
- Drinking during meals may make you feel full so try and wait until after you have finished eating to have a drink.
- Aim for a high fibre diet by choosing wholegrains and aiming for 5 fruits and vegetables each day, this helps bind to the cholesterol and reduce the levels in your blood.
- Include plant sterol yoghurt drink one per day eg Benecol or supermarket own label.
- Try to stay active

The following examples are approximately 100 calories each:

(These boosters can be added to recipes and meals)

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|--|------------------------------------|
| - 30g 30% reduced fat hard cheese | - 2 Babybel light |
| - 3 tablespoons light cream cheese | - 4 light cheese triangles |
| - 2.5 tablespoons light mayonnaise | - 150g low fat cottage cheese |
| - 1 tablespoon oil | - 25g sugar |
| - 1 tablespoon margarine | - 40g jam/peanut butter |
| - 3 tablespoons skimmed milk powder | - 2 tablespoon honey/maple syrup |
| - 1 scoop (30g) protein powder | - 2 tablespoon condensed milk |
| - 60ml Elmlea single cream/Oatly cream | - 30g plain oats/granola |
| - 80ml Elmlea single cream light | - 40g Raisins/Sultanas/dried apple |
| - 30ml Elmlea double cream | - 55g dried apricots |
| - 125g low fat yoghurt | - 20g banana chips |
| - 120g high protein yoghurt | - 4 dates |
| - 125g soya yoghurt | - 15-20g unsalted nuts |



Think, Food First!

The following examples are approximately 100 calories each.

(These boosters are sweet snack Ideas)

- A small handful dried fruit
- 1 banana
- $\frac{1}{2}$ can of tinned fruit
- Pot custard/rice pudding
- 100g yoghurt drink
- 100g low fat ice cream
- 1 slice malt loaf
- Slice of swiss roll (one without cream filling)
- 1 cereal bar
- 5 jelly babies
- 200ml orange juice
- 250ml regular cola or fizzy drink
- Slice of fat free cake – there are many recipes online



The following examples are approximately 100 calories each.

(These boosters are savoury snack Ideas)

- Thick slice of toast
- Half large chapatti (made without fat) or other flat bread
- Crumpet (add margarine for extra calories)
- 3 crackers
- 2-3 rye crispbreads
- Packet of crisps
- Potato cake (add margarine for extra calories)
- 50g hummus with vegetable sticks



Heart healthy protein sources

- Fish (including 1 portion of oily fish per week e.g., salmon)
- Cottage Cheese
- Lentils, beans and pulses
- Some seafood such as white crab meat
- Eggs
- Extra lean red meat
- Chicken and turkey breast
- Lean ham slices
- Low fat tofu



Your dietitian: _____ Contact number: _____

Think, Food First!