

100Kcal boosters – for patients having head and neck cancer treatment

Eat little and often

Try to have five small meals or snacks per day. If you cannot eat a full meal, eat a small amount every 2-3 hours. Try these booster ideas:

- ✓ 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. Creamy / milk based sauces will more comfortable if you are having radiotherapy.
- ✓ 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'.

The following examples are approximately 100 calories each:

(Add these boosters to meals)

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|--------------------------------|---------------------------------------|
| ✓ 25g grated cheese | ✓ 2 tablespoons condensed milk |
| ✓ 1 tablespoon cream cheese | ✓ 1 tablespoon honey |
| ✓ 1 heaped teaspoon mayonnaise | ✓ 50ml (¼ can) coconut cream |
| ✓ 1 tablespoon salad cream | ✓ 150ml full fat milk |
| ✓ 1 tablespoon oil | ✓ Pot custard or rice pudding |
| ✓ 2 cubes butter | ✓ Small pot full fat yoghurt |
| ✓ 3 tablespoons milk powder | ✓ Scoop ice-cream |
| ✓ 20ml double cream | ✓ One heaped tablespoon peanut butter |

Please ask if you need this information in another language or format.

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