

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

Your dietitian: _____

Tel: 0118 322 7116 or Email: rbb-tr.dietitians@nhs.net

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)

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



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

Produced by Berkshire Healthcare Foundation Trust Dietitians, August 2023

Reviewed: September 2025. Next review due: September 2027.