

100Kcal boosters: 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 '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.

The following examples are approximately 100 calories each:
(These boosters can be added to recipes and meals)

- 25g hard 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



Think, Food First!

The following examples are approximately 100 calories each.

(These boosters are sweet snack Ideas)

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



The following examples are approximately 100 calories each.

(These boosters are savoury snack Ideas)

- A small handful of nuts
- 1 small bag crisps
- 25g hard cheese
- 3 cream crackers (add butter and cheese for extra calories)
- ½ medium avocado
- 30g pate
- 2 tablespoons hummus
- 1 heaped teaspoon peanut butter
- Bag mini cheddars
- Crumpet (add butter for extra calories)
- Potato cake (add butter for extra calories)



Try to have 3 meals, 3 snacks, nourishing drinks between meals and enrich your food by adding butter, cheese, full fat milk, cream etc – ask for a copy of the leaflet entitled 'Food fortification ideas'.

Your dietitian: _____ Contact number: _____

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