

Eating Well: 100 Calorie (kcal) Boosters

If you are struggling to gain weight, **food fortification** is a great way to increase the nutritional content of your foods without increasing the amount. The following examples are about 100 kcal each. They can be eaten as snacks or added to meals.

TIP: Choose at least 5 boosters each day to achieve the 500 extra calories required to help weight gain, or prevent weight loss

Food toppings

Savoury:

- Medium spread of peanut butter (approx. 1 tablespoon)
- 1 level tablespoon of full fat mayonnaise
- 2 tablespoons of full fat salad cream
- 2 heaped tablespoons of hummus
- 1 heaped tablespoon of pesto
- 1 tablespoon of olive oil

Sweet:

- 2 heaped tablespoons of honey
- 4 heaped teaspoons of golden syrup
- 3 heaped teaspoons of lemon curd/jam
- 1 tablespoon of chocolate hazelnut spread

Dairy

- 3 tablespoons of skimmed milk powder
- 150ml full-fat (whole) milk
- 70ml evaporated milk
- 40ml condensed milk
- 30ml double cream or coconut cream
- 1 tablespoon of butter/margarine
- 1 medium slice of cheddar cheese
- 1 small handful of grated cheese
- 2 tablespoons soft cheese
- 2-3 cheese triangles
- 1 small pot of yoghurt
- 1 scoop of ice cream

Fruit & Nuts

- 1 small handful of peanuts, cashews or almonds
- 5 Brazil nuts
- 8 dried apricots
- 9 prunes
- 3 dates
- 1 heaped tablespoon of sultanas
- 1 banana
- 200ml orange juice
- $\frac{1}{2}$ avocado

Snacks

- 1 slice of malt loaf
- 1 chocolate digestive biscuit
- 3 squares of dark or milk chocolate
- 1 egg (boiled, poached, fried, scrambled – using oil or butter will increase the calories)
- 2 digestive biscuits or 3 Rich Tea biscuits
- 5 cheese thins
- 1 shortbread finger
- 2 Jaffa Cakes
- 3 cream crackers
- 1/2 bag of crisps
- 5 jelly babies
- 2 fingers of KitKat
- 1 Fudge chocolate bar

Please see our other **Eating Well** information sheets

<https://nwknowledgenow.nhs.uk/content-category/clinical-information/other-specialties/dietetics-nutrition-and-blood/eating-well/>