

# 100 Calorie Boosters

These boosters are approximately 100 calories each. **These boosters can be added to any appropriate meal to fortify it, or eaten as a snack to promote weight gain.**

**Food fortification** means adding household ingredients to food/drinks to increase the nutritional content, without significantly increasing the portion size, taste or texture.

tsp = teaspoon = 5g    tbsp = tablespoon = 15g

## Savoury additions:

- Butter - 2 cubes
- Dried milk powder - 2 tbsp
- Full fat mayonnaise - 1 tbsp
- Full fat salad cream - 2 tbsp
- Ghee - 1 tbsp
- Grated cheese - 3 tbsp
- Hummus - 2 tbsp
- Olive oil - 1 tbsp
- Peanut butter - 1 tbsp
- Pesto - 1 heaped tbsp
- linseed/chia seeds - 2 tbsp

## Savoury snacks:

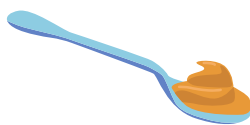
- Beef jerky - 1 large piece
- Brazil nuts – 5 nuts
- Cheese - 1 matchbox size piece (25g)
- Cream crackers - 3
- Crisps - Small bag
- Dolma – 2 pieces
- Falafel - 2
- Peanuts/cashew/pistachio nuts - small handful/20g
- Pretzel – small handful/30g
- Rice cakes - 3
- Samosa - 1 small
- Sourdough /rye bread - 1 slice

## Sweet additions:

- Chocolate hazelnut spread - 1 tbsp
- Condensed milk - 2 tbsp
- Double cream - 2 tbsp
- Dried milk powder/soy protein - 2 tbsp
- Golden syrup - 2 tbsp
- Ground almonds - 2 tbsp
- Honey - 2 tbsp
- Lemon curd/jam - 2 tbsp
- Plain yoghurt - 3 tbsp
- Sugar - 2 tbsp
- Coconut milk - 2tbsp

## Sweet snacks:

- Banana – 1 small
- Chocolate – 3 cubes
- Chocolate digestives - 1 biscuit
- Dates - 6 or 2 medjool dates
- Dried apricots/prunes - 7
- Ice cream - 1 scoop
- Jaffa cakes - 2
- Malt loaf - 1 slice
- Mathri – 1 biscuit
- Rich tea biscuits - 3
- Sultanas - 2 tbsp
- Sweets – small handful/20g
- Yoghurt - 1 small pot



**Tip:** Choose at least 5 booster examples to have each day to achieve the 500 extra calories required to help you gain weight.