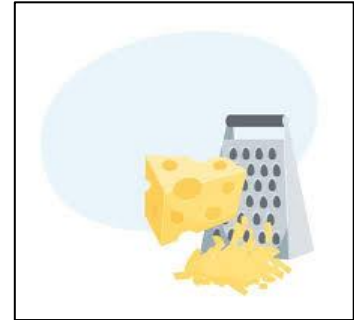


100 Calorie Boosters

- The following examples are approximately 100 calories each.
- These foods can be added to any appropriate meal to fortify it, or eaten as a snack to promote weight gain.
- Try to have 3-5 of these boosters every day to help gain weight.
- Try to include as many high protein choices as possible.*

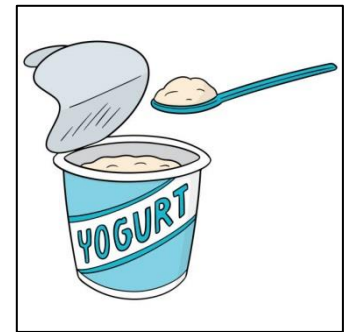
Savoury Options:

- A small handful of grated cheese*
- 1 tablespoon of mayonnaise/peanut butter/oil
- 2 cubes of butter
- 2 tablespoons of pesto/salad cream/hummus*
- 2 heaped tablespoons of dried milk powder*



Sweet Options:

- heaped tablespoon of sugar
- 1 small pot of full fat creamy yoghurt*
- 2 tablespoons of double cream/chocolate sauce/golden syrup/lemon curd/condensed milk/honey
- 2 scoops of ice-cream



Snacks and drinks:

- Small handful of nuts*
- Small handful of dried fruit
- Mini pork pie*
- Banana
- Bag of crisps
- Slice of malt loaf
- 3 cubes of milk chocolate
- 5 jelly babies
- 150ml full fat milk*
- 200ml orange juice/250ml regular coca cola



***High protein choice**