

# 100 Calorie Boosters

The following examples are approximately 100 calories each and can be added to any appropriate meal to fortify it, or eaten as a snack to promote weight gain.

## Savoury Toppings

- Medium spread of peanut butter
- 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 oil

## Sweet Toppings

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

## Fruit & Nuts

- A small handful of peanuts
- 5 brazil nuts
- 1 small handful of cashew nuts
- 8 dried apricots
- 9 prunes
- 3 dates
- 1 heaped tablespoon of sultanas
- 1 banana
- 200ml orange juice



## 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
- 1 small pot of yoghurt
- 1 scoop of ice cream

## Snacks

- 1 chocolate digestive biscuit
- 2 digestive biscuits or 3 Rich Tea biscuits
- 5 cheese thins/Cheddars cheese biscuits
- 1 shortbread finger
- 2 Jaffa Cakes
- 3 cream crackers
- 1 bag of crisps
- 1 slice of malt loaf
- 3 squares of milk chocolate
- 5 jelly babies
- 2 fingers of KitKat
- ½ Crunchie
- 1 Fudge chocolate bar



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