

100 Calorie Boosters

The following examples 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.

Savoury Options:

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

Sweet Options:

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

Snacks and drinks

- A small handful of nuts
- A small handful of dried fruit
- 1 banana
- 1 shortbread finger
- 1 bag of crisps
- 1 slice of malt loaf
- 2 Jaffa Cakes
- 3 cream crackers
- 3 cubes of milk chocolate
- 5 jelly babies
- 150ml of full fat milk
- 200ml of orange juice
- 250ml of regular cola



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