

Soft snacks and calorie boosters

Here are a list of foods and drinks that we call “calorie boosters”.

Some of them can be added to foods to enrich (fortify) them and others you can enjoy as a snack between meals.

Savoury snacks/spreads
• Soft cheese (cream cheese) • Cheese triangles (like dairylea or laughing cow) • Mayonnaise or salad cream • Smooth peanut butter • Hummus • Pesto • Oil or butter • Mug of soup (smooth variety) you could add some double cream to it for more calories
Sweet snacks and spreads
• Sugar • Double cream (2 tablespoons = 140 calories) • Chocolate spread • Golden syrup or honey • Lemon curd or smooth jam • Condensed milk • Soft cake mashed with custard. • Biscuits (softened or dunked)
Puddings
• Ice cream • pot of full fat yogurt • Custard pot (full fat version) • Fromage frais • Jelly (not sugar free) • Rice pudding (can add extra double cream to this) • Instant dessert made up with full fat (whole) milk (you could add some cream to this too)
Drinks
• Full fat milk (fortified with dried milk powder. See recipe on page 4 of Nourishing drinks booklet) • Orange juice • Fruit smoothie (look for ideas in the nourishing drinks booklet) • Milky drinks such as Horlicks, Ovaltine Hot chocolate, Coffee (all made up with full fat fortified milk)
Fruits
• Mashed banana • Stewed fruit (skins removed) (These can either be added to anything from the pudding list or enjoyed as it comes)

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