

Patient Information

100kcal Boosters

The aim of this diet sheet is to help you boost the energy and protein content of the food that you eat.

The following examples each contain around 100 calories. They can be added to meals to fortify them or eaten as a snack to help with weight gain. Try to choose at least five options each day to achieve the 500 extra calories needed for weight gain. Some ideas of how to fortify your food are listed on the next page.

<p>Savoury fortification</p> <ul style="list-style-type: none"> 1 small handful of grated cheese 1 tablespoon mayonnaise 1 tablespoon peanut butter 1 tablespoon vegetable oil 2 teaspoons butter 2 tablespoons pesto 2 tablespoons salad cream 2 tablespoons hummus 2 heaped tablespoons dried skimmed milk powder 	<p>Sweet fortification</p> <ul style="list-style-type: none"> 1 heaped tablespoon sugar 1 small pot full fat yoghurt 1½ tablespoons double cream 2 tablespoons chocolate sauce 2 tablespoons golden syrup 2 tablespoons lemon curd 2 tablespoons condensed milk 2 tablespoons honey 2 scoops ice cream
<p>Snacks</p> <ul style="list-style-type: none"> 1 small handful nuts 1 small handful dried fruit 1 banana 1 shortbread finger 1 bag crisps 1 slice malt loaf 2 Jaffa Cakes 3 cream crackers 3 squares milk chocolate 5 jelly babies 	<p>Drinks</p> <ul style="list-style-type: none"> 150ml full fat milk 150ml shop-bought milkshake 150ml shop-bought yoghurt drink 1 small shop-bought latte 1 cup-a-soup (preferably creamy option) 200ml pure orange juice 200ml shop-bought fruit smoothie 250ml regular cola

It is possible that the Dietitian will suggest that you take a daily A-Z multi-vitamin and mineral tablet alongside fortifying your diet. This may be available to you on prescription, or you can buy it from your local pharmacy or supermarket; the Dietitian will be able to advise you.

People with diabetes should take care with sugar-containing snacks and consult their healthcare professional if unsure.

Ideas

<p>Porridge with whole milk 380kcal, 15g protein ADD 1 heaped teaspoon of dried milk powder 1 ½ tablespoons double cream Small handful dried fruit = 630kcal, 21g protein</p>	<p>2 scrambled eggs (made with whole milk) on one slice of toast 303kcal, 19.5g protein ADD 2 cubes of butter 1 heaped tablespoon dried milk powder 2 tablespoons soft cheese = 533kcal, 26.5g protein</p>
<p>Vegetable soup with one slice of bread 190kcal, 9g protein ADD 1 ½ tablespoons double cream 1 heaped tablespoon dried milk powder Thickly spread butter on bread = 400kcal, 14g protein</p>	<p>Shepherd's pie 420kcal, 23g protein ADD 2 cubes butter 1 ½ tablespoons double cream 1 tablespoon dried milk powder = 690kcal, 28g protein</p>
<p>Cake and custard 270kcal, 6g protein ADD 1 ½ tablespoons double cream 1 heaped tablespoon dried milk powder to custard = 410kcal, 9g protein</p>	<p>Cup of tea 15kcal, 1g protein ADD 1 teaspoon sugar 1 teaspoon dried milk powder 1 shortbread biscuit = 155kcal, 3g protein</p>

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