

100 Calorie boosters

This advice sheet lists foods and drinks that are approximately 100 calories each. These 'calorie boosters' are in addition to your diet and can be added to each meal to fortify it or can be eaten as a snack in between mealtimes.

Savoury snacks/spreads

- A small handful of grated cheese
- 2 mini cheeses
- 1 tablespoon of mayonnaise
- 1 tablespoon of peanut butter
- 1 tablespoon of oil
- 2 cubes of butter
- 2 tablespoons of salad cream
- 2 tablespoons of hummus
- 2 heaped tablespoons of dried milk powder
- 1 bag of crisps
- 1 snack size sausage roll
- 2 tablespoons of pesto

Sweet snacks/spreads

- 1 heaped tablespoon of sugar
- 1½ tablespoons of double cream
- 1 tablespoons of chocolate spread
- 2 tablespoons of golden syrup
- 2 tablespoons of lemon curd / jam
- 2 tablespoons of condensed milk
- 2 tablespoons of honey
- 1 slice of malt loaf
- 1 Chocolate mini roll
- 3 cream crackers
- 3 cubes of milk chocolate
- 5 jelly babies or wine gums
- 2 biscuits
- 1 snack-size chocolate bar
- Half a fruit bun with butter
- 2 jaffa cakes

Puddings

- 2 scoops of ice cream
- 1 small pot of full fat yoghurt
- 1 individual custard pot
- 100g pot of fromage frais
- 1 pot of jelly (not sugar free)
- 1 rice pudding pot
- 1 serving of instant dessert

Drinks

- 150ml of full fat milk
- 200ml of orange juice
- Fruit smoothie
- Malted drink made with whole milk
- 150ml flavoured milk / yogurt drink
- Hot chocolate with whole milk
- Coffee made with whole milk

Fruit and nuts

- 6 dried apricots/prunes
- 3 figs
- Small handful of raisins
- 1 small banana
- Small handful of nuts