

**Let us know what you
think and get involved**

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100 calorie boosters

**Diabetes and Nutrition Services
Community Dietitians**

Service provided by

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.

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

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
- ½ a small avocado
- 2 tablespoons of pesto
- 2 tablespoons of salad cream
- 2 tablespoons of hummus
- 2 heaped tablespoons of dried milk powder
- 2 tablespoons of pate
- 2 tablespoons of full cream cheese



Snacks



- A small handful of nuts
- 1 slice of malt loaf
- 5 jelly babies
- A small handful of dried fruit
- 2 Jaffa Cakes
- 1 banana
- 3 cream crackers
- 1 shortbread finger
- 3 cubes of milk chocolate
- 1 bag of crisps

Drinks



- 150ml of full fat milk
- 200ml of orange juice
- 250ml of regular cola
- 250ml of lemonade

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/maple syrup
- 2 tablespoons of lemon curd
- 2 tablespoons of condensed milk
- 2 tablespoons of honey/jam
- 2 scoops of ice cream
- 2 heaped tablespoons of dried milk powder

