

# 100 Calorie Boosters

Contact dietitian: ..... Telephone no: .....

If you are struggling to increase the amount of food you can eat to prevent weight loss and/or to maintain or achieve a healthy body mass index (BMI) between 20–25 kg/m<sup>2</sup>, the following advice may be helpful to boost your calorie intake. Aim to include ..... of the following suggestions per day.

## Savoury snacks

- A small matchbox-sized piece (30 g) of Cheddar cheese
- Two rice cakes with one spoon of: chocolate spread, peanut butter, hummus, cottage cheese or pâté
- A small bag of crisps
- 3–4 large rice cakes
- A snack-size sausage roll
- A cup of instant packet soup
- An English muffin
- Two cheese Tuc biscuits
- Two Babybel cheeses
- Half a snack-size pork pie
- Half a croissant
- One cheese straw

## Sweet snacks

- Five jelly babies or wine gums
- Two fingers of KitKat
- A snack-size chocolate bar
- A flapjack
- Two digestive or cream-filled biscuits
- Chocolate mini roll
- Two small bags of Haribo
- Half a Crunchie
- A Freddo chocolate
- Three Jaffa cakes
- Half a hot cross bun with butter

## Puddings

- A ready-to-eat custard pot
- A pot of jelly (not sugar free)
- A small pot of full fat yoghurt
- Tinned fruit and 1 tablespoon cream
- A rice pudding pot
- A 100 g pot of fromage frais
- A scoop of ice cream
- A serving of Angel Delight

## Fruit and nuts

- Six dried apricots
- Three figs
- A small banana
- Two brazil nuts
- A small handful (30 g) of raisins
- A fruit smoothie
- A small handful (40 g) of fruit and nut mix

