

Easy Ways to Boost Calorie Intake

A guide for carers and relatives

Contact dietitian: Telephone no:

For people who are at risk of malnutrition, calorie intake should be increased by 500–1000kcal per day to prevent weight loss and/or to maintain and achieve a healthy body mass index (BMI) of 20–25kg/m².

Adapting the Recipe			Energy (kcal)		
	One portion		Before	After	Increase
Whole milk	1 pint	Add four heaped tablespoons of dried skimmed milk powder. Use this milk throughout the day in tea or coffee, on cereal or as a drink.	375	583	155%
Custard made with whole milk	125 mls	Add one heaped tablespoon of dried skimmed milk powder and two tablespoons of double cream.	148	349	235%
Soup	125 mls	Add one heaped tablespoon of dried skimmed milk powder and two tablespoons of double cream.	80	280	350%
Porridge made with whole milk	200 g	Add one tablespoon of dried skimmed milk powder and two tablespoons of double cream.	226	426	188%
Mash	1 scoop	Add one extra teaspoon of butter and one tablespoon of double cream.	70	182	260%
Vegetables	2 tablespoons	Add one heaped tablespoon of butter.	15	126	840%
Rice pudding	125 g	Add one heaped tablespoon of dried skimmed milk powder, two tablespoons of double cream and two teaspoons of jam.	106	332	313%

