300Kcal boosters:

A Food First Approach

Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust

This leaflet is suitable for those who have lost weight, are underweight, or who are trying to gain or maintain their weight. It gives ideas for increasing your calories by 300kcal a day with snacks.
If a speech and language therapist has diagnosed you with DYSPHAGIA (problems with swallowing, please do not use this leaflet!

Eating little and often throughout the day can help improve your calorie (energy) intake, especially if you have a small appetite. Avoid foods labelled light, diet and low calorie. Try to avoid eating snacks close to mealtimes.

Aim to have one from box A (100kcal) and one from box B (200kcal) each day to give you an additional 300 kcal per day

A

The following **SWEET** options are approximately ***100 Kcal*** each:

- Individual cake slice or bar e.g. Angel, Bakewell, lemon, chocolate
- 100g (1 pot) full fat Greek yoghurt
- 1 jam tart
- 1 individual chocolate Swiss roll
- ¼ packet Angel Delight®
- Chocolate covered biscuit bars e.g. Kit Kat®, Penguin®, Wagonwheel®
- Individual custard or rice pudding pot
- 1 small fairy cake
- 1 fun-size chocolate bar
- 1 profiterole
- 1 Viennese swirl biscuit
- 1 Chocolate teacake
- 2 cream filled or chocolate covered biscuits
- 1 large scoop ice cream, 1 slice Vienetta®
- 1 choc ice or Solero®
- 1 slice cake e.g. madeira, ginger, walnut, carrot, chocolate
- 1 coconut macaroon

B

The following **SWEET** options are approximately ***200 Kcal*** each:

- 1 croissant with butter
- 1 individual fruit pie
- 1 individual trifle, tiramisu or fruit fool
- 1 jam doughnut
- 1 cream filled éclair, custard slice
- 1 heaped tablespoon kheer
- 1 scoop kulfi
- 1 piece rasmalai
- 1 heaped tablespoon shrikhand
- 1 apple turnover
- 1 hot cross bun with butter
- 1 muffin e.g. blueberry, chocolate
- 1 Magnum® or Cornetto®
- 1 egg custard tart
- 1 Danish pastry
- 1 small scone with jam and cream
- 1 slice or individual pot cheesecake
- 1 Eccles cake
- 2 shortbread fingers
- 1 slice toast with butter and jam
- 1 pot full fat rice pudding with cream
- Small bowl tinned fruit & double cream

Think, Food First!

The following **SAVOURY** options are approximately ***100 Kcal*** each:

A

- A small handful of nuts
- 1 regular bag crisps
- 25g cheddar cheese
- 3 cream crackers/butter puffs/oatcakes
- ½ medium avocado
- 1 small handful Bombay mix
- 1 bag Mini Cheddars®
- 1 crumpet
- 5 cocktail sausages
- 1 slice toast with butter
- 1 small onion bhaji
- 1 small vegetable pakora
- 2 mini-Scotch eggs
- 1 slice garlic bread
- 3 cheese straws/twists
- ½ apple with 1 teaspoon peanut butter
- 1 tablespoon hummus or guacamole with crisps

The following **SAVOURY** options are approximately ***200 Kcal*** each:

B

- ½ mini quiche
- 1 regular sized samosa
- ½ steak slice
- 2 cream crackers with butter and cheese or cheese spread
- 1 medium sausage or cheese and onion roll
- 1 pitta bread with a heaped tablespoon of hummus
- 1 chapati or naan with ghee
- 1 medium spring roll
- 1 small portion (100g) oven baked chips/fries
- 1 regular sized pork pie or Scotch egg or 4 vegetarian egg bites
- 1 slice toast with butter and pate or scrambled egg or cheese
- 1 small pot of instant noodles
- ½ cheese scone and butter

The following ingredients are approximately ***100 Kcal*** each and can be added to recipes and meals:

- 25g hard cheese
- 1 tablespoon cream cheese
- 1 heaped teaspoon mayonnaise
- 1 tablespoon salad cream
- 1 tablespoon oil or ghee
- 2 cubes butter
- 3 tablespoons milk powder
- 20ml double cream
- 2 tablespoons condensed milk
- 1 tablespoon honey
- 50ml (¼ can) coconut cream
- 150ml full fat milk
- 1 tablespoon ground nuts

***Please note** this leaflet does not promote any brands. Supermarket own brands are equally as good and provide similar nutritional content.

Think, Food First!