

## 100 Calorie Boosters

These boosters are approximately 100 calories each and can be added to any appropriate meal or eaten alone. Please note tbsp = tablespoon, tsp = teaspoon.

This advice may not be suitable for some people with conditions such as swallowing difficulties or diabetes. Please ask your doctor, nurse or dietitian for further advice if you are unsure.

### Savoury Toppings

- Medium spread peanut butter (16g)
- 1 level tbsp mayonnaise (15g)
- Average serving salad cream (30g)
- 2 tbsp hummus (50g)
- 1 heaped tbsp pesto (20g)

### Sweet Toppings

- 1 heaped tbsp sugar (25g)
- 2 heaped tsp honey (35g)
- 2 heaped tsp golden syrup (35g)
- 2 heaped tsp lemon curd (35g)

### Fruit & Nuts

- A small handful of peanuts (30g)
- 5 brazil nuts (15g)
- A small handful cashew nuts (20g)
- 1 banana (100g)
- 5 dried apricots (50g)
- 6 prunes (60g)
- 2-3 dates (40g)
- 1 heaped tbsp sultanas (35g)

### Snacks

- 2 digestive biscuits
- 5 jelly babies
- 2 fingers of KitKat
- ½ a crunchie
- 1 Fudge bar
- Bag of crisps

- 3 tbsp skimmed milk powder (27g)
- 150ml full fat milk (blue top)
- 1 scoop ice cream (60g)
- 5 tbsp (75ml) evaporated milk
- 2 tbsp (30ml) condensed milk
- 1 small pot full fat yoghurt
- 2 tbsp (30ml) coconut cream
- 1 medium slice of cheddar cheese

