

CALORIE BOOSTERS

Each serving contains around 100 calories

Food	Add to:	How much?
Butter/Margarine	<ul style="list-style-type: none"> Stir through hot foods i.e. rice, pasta, noodles, vegetables, potatoes, soup, cooked cereals Spread thickly on bread, biscuits, crackers, crumpets, tea cakes, muffins, pancakes, cake 	1 tablespoon
Oil	<ul style="list-style-type: none"> Stir through cooked vegetables, rice, pasta, noodles Drizzle over salad and mashed vegetables 	2 teaspoons
Skimmed milk powder	<ul style="list-style-type: none"> Add to plain milk to make high protein milk Add to hot and cold cereal Mix through yoghurt Stir through mashed potato 	
Thickened cream	<ul style="list-style-type: none"> Add to mashed potato, jacket potatoes, soups, cereal, porridge, milk, fruit smoothies, milkshakes or as a milk substitute in recipes Serve with fruit, cake and desserts 	1 heaped tablespoon
Double cream	<ul style="list-style-type: none"> Serve with fruit, scones and bakery foods Add to hot sauces 	2 tablespoons
Coconut cream	<ul style="list-style-type: none"> Mix into rice/curry dishes, soup Use as a dressing on vegetables 	3 tablespoons
Sour cream	<ul style="list-style-type: none"> Add to tacos, nachos and burritos Add to baked potato with sweet chill sauce Stir through pasta and cooked vegetables 	1 tablespoon
Cream cheese	<ul style="list-style-type: none"> Spread thickly on toast, bagels, crackers, tea cakes and fruit Mix in mashed potatoes or macaroni cheese 	1 heaped tablespoon
Cheese	<ul style="list-style-type: none"> Sprinkle grated cheese on salads, pastas, casseroles, chicken and cooked vegetables Add cheese slices to sandwich and toast Melt in food like scrambled eggs or potatoes Serve with fruit, e.g. apple or pear 	2 cheese slices
Full fat yoghurt/Greek yoghurt	<ul style="list-style-type: none"> Use as a dip with bread, meals, fruit Add to milkshakes, smoothies or soups 	1 small pot or 4 tablespoons

Custard	<ul style="list-style-type: none"> • Serve with cakes, muffins, desserts 	
Sweetened condensed milk	<ul style="list-style-type: none"> • Add to milkshakes, hot chocolates and smoothies • Serve with desserts, cakes, fruit 	1 heaped tablespoon
Ice-cream	<ul style="list-style-type: none"> • Add to milkshakes • Serve with desserts, cakes, slices, muffins and fruit salad 	2 scoops
Chocolate chips	<ul style="list-style-type: none"> • Sprinkle on ice-cream, pudding, fruit or yoghurt 	
Flavoured topping	<ul style="list-style-type: none"> • Add to ice-cream, milkshakes, hot cereal or milk 	2 tablespoons
Honey/Maple syrup	<ul style="list-style-type: none"> • Add to milkshakes, fruit smoothies • Add to cereals, porridge, salad 	2 tablespoons
Nutella	<ul style="list-style-type: none"> • Spread on toast, crackers or fruit slices 	1 tablespoon
Peanut butter	<ul style="list-style-type: none"> • Spread thickly on toast, bread, sandwiches or crackers • Eat with celery or fruit slices 	1 tablespoon
Nuts i.e. cashew, almonds, Brazil nuts (not for use in children under 5 due to choking risk)	<ul style="list-style-type: none"> • Sprinkle with meal over meals i.e. stir-fries, cereals, porridge, ice-cream and desserts • Eat as a snack with or without dried fruit 	1 tablespoon
Dried fruit	<ul style="list-style-type: none"> • Eat as a snack with nuts or separately • Add to cereals/porridge, salads 	2 tablespoons
Avocado	<ul style="list-style-type: none"> • Spread over toast or crackers • Add to salads or sandwiches • Eat out of the shell with olive oil 	¼ avocado or 4 tablespoons
Hummus dip	<ul style="list-style-type: none"> • Serve with meals • Spread on sandwiches or crackers • Serve as a dip with vegetables 	2 tablespoons
Ranch salad dressing	<ul style="list-style-type: none"> • Add to salads, vegetables and meat 	2 tablespoons
Mayonnaise	<ul style="list-style-type: none"> • Add to sandwich and burgers • Serve with fish, chicken, baked potatoes and salads • Serve as a dip with raw vegetables 	1 heaped tablespoon
Creamy white sauce	<ul style="list-style-type: none"> • Serve with steak, chicken, fish and vegetables 	4 tablespoons
Satay sauce	<ul style="list-style-type: none"> • Serve with chicken, meat and vegetables • Serve as a dip with vegetables 	2 tablespoons