

# CALORIE BOOSTERS

Each serving contains around 100 calories

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

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