

## 200 calorie savoury boosters

An additional 500-1000 calories each day can support weight gain. Eating little and often (e.g. 3 small main meals plus 2-3 snacks) can help maximise your daily intake. Use this 200 calorie snack list to help you add extra calories into your diet.

## 200 calorie sweet boosters

| Snack                             | Portion size   |    |
|-----------------------------------|--|----|
| Fruit loaf                        | 1 slice (40g) + 2tsp (thick spread) butter           | ✋  |
| Thick and creamy yoghurt          | 1 pot (125g)   | ★😊 |
| Shortbread fingers                | 2 fingers  | ✋  |
| Apple pie/Cherry Bakewell         | Individual pie/tart (50-60g)                         | ✋  |
| Breakfast biscuit/bars            | 1 bar e.g. Nature Valley, Trek, Belvita, Eat Natural | ✋  |
| Scone with butter and jam         | ½ scone (35g) + 1tsp butter + 2tsp jam               | ✋  |
| Malt loaf with butter             | 2 slices (20g) + 2tsp butter                         | ✋  |
| Toast with butter and preserve    | 1 slice (40g) + 2tsp butter + 2tsp preserve          | ✋  |
| Bourbon/oaties/digestive biscuits | 3 biscuits   | ✋  |
| Mini pastry eclairs               | 4 mini pastry eclairs (46g)                          | ✋  |
| Toasted English muffin            | 1 muffin (72g) + 2tsp butter                         | ★✋ |
| Smooth fruit fool                 | 1 pot (115g)   | 😊  |
| Tinned fruit with double cream    | 2tbsp fruit in syrup + 2tbsp double cream            | 😊  |
| Sticky toffee pudding             | ½ pudding (60g)                                      | 😊  |
| Chocolate mousse                  | 1 pot (60g) + 1tbsp double cream whipped             | 😊  |
| 'Full fat' rice pudding and cream | 125g rice pudding + 1tbsp double cream               | 😊  |

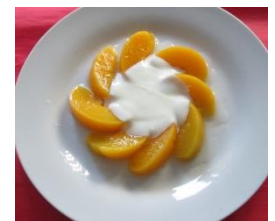
### Key:

★ source of protein

✋ finger food

😊 can be easily adapted for texture modified diet

\* Please follow Speech and Language Therapy advice for a texture modified diet.



**Tip:** Avoiding giving snacks too close to meal times as this will affect appetite.

Add extra protein and calories by fortifying snacks with cream, skimmed milk powder and jam. Please see '100 calorie boosters' for more fortification ideas.

| Snack   | Portion size  |      |
|---|---|------|
| <b>Cheese/houmous and crackers</b>                      | 2 crackers + 25g (match box size) cheese/40g houmous  | ★ 🖐️ |
| <b>Cheese scone</b>                                     | ½ scone (35g) + 2tsp butter   | 🖐️   |
| <b>(Vegetarian) cocktail sausages with cheese cubes</b> | 4 cocktail sausages (34g)/2 vegetarian sausages (30g) + 30g cheese                                    | ★ 🖐️ |
| <b>(Vegetarian) scotch egg</b>                          | 4 mini scotch egg (72g)   | ★ 🖐️ |
| <b>Pork pie</b>   | 1 mini pie (50g)  | 🖐️   |
| <b>Quiche</b>   | 1 slice (80g)   | ★ 🖐️ |
| <b>(Vegetarian) sausage roll</b>                        | 1 sausage roll (60g)/4 mini vegetarian rolls (64g)  | ★ 🖐️ |
| <b>Breadsticks with dip</b>                             | 2 breadsticks (11g) + 50g houmous/cheese and chive dip/60g full fat cream cheese                      | ★ 🖐️ |
| <b>Nuts</b>   | 30g handful   | 🖐️   |
| <b>Tortilla crisps with dip</b>                         | 1 packet (30g) + 20g sour cream/cheese and chive dip/40g guacamole                                    | 🖐️   |
| <b>Cottage cheese and scrambled egg</b>                 | 1 large egg scrambled + 1tsp butter + 30g cottage cheese  | ★ 😊  |
| <b>Thick 'cream of variety' soup</b>                    | 200ml thick soup + 2tsp double cream  | 😊    |
| <b>Toast with savoury toppings</b>                      | 1 slice (40g) with 25g cheese/1 large scrambled egg with 1tsp butter/ 1/3 crushed avocado/40g houmous | ★ 🖐️ |

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Visit [www.cambscommunityservices.nhs.uk](http://www.cambscommunityservices.nhs.uk) and search 'Food First' for more information.

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust.