FOOD FIRST NUTRITION AND DIETETICS

Bedfordshire Community Health Services

Increasing Your Calorie Intake

You may require more calories in your diet to help promote weight gain. Here are some easy ways to add calories throughout the day and make every mouthful count.

Standard option	For extra calories add:
Porridge with whole milk 380kcal & 15g of protein	1 heaped tablespoon of dried milk powder 1½ tablespoons of double cream A small handful of dried fruit **↑ to 630kcal & 21g of protein**
2 scrambled eggs with whole milk 210kcal & 16g of protein	2 cubes of butter (15g) 1 heaped tablespoon of dried milk powder 2 tablespoons of cream cheese **↑ to 440kcal & 23g of protein**
Vegetable soup served with bread 190kcal & 9g of protein	1½ tablespoons of double cream 1 heaped tablespoon of dried milk powder thick spread of butter on bread **↑ to 400kcal & 14g of protein**
Shepherd's pie 420kcal & 23g of protein	2 cubes of butter (15g) 1½ tablespoons of double cream 1 tablespoon of dried milk powder **↑ to 690kcal & 28g of protein**
Madeira cake served with custard 270kcal & 6g of protein	1½ tablespoons of double cream 1 heaped tablespoon of dried milk powder both to whole milk custard **↑ to 410kcal & 9g of protein**
A cup of tea 15kcal & 1g of protein	1 teaspoon of sugar 1 teaspoon of dried milk powder 1 shortbread biscuit **↑ to 155 kcal & 3g of protein**

Tip: Butter, cheese, double cream and dried milk powder are great for adding extra calories to almost any savoury meal idea. See *'Making Every Mouthful Count'* resource for more information about fortifying your diet.

Visit www.cambscommunityservices.nhs.uk and search 'Food First' for more information.

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