

Food First: How to boost your nutritional intake by 500 calories per day

To regain lost weight it is usually necessary to take in an extra 500 calories daily. Include an item from each of the three sections below to increase your intake by 500 –1000 calories. Try some of the fortified recipes on the back of this sheet.

1) Include 1 pint fortified milk as a drink or in foods daily

Recipe for fortified milk: add 4 tablespoons of milk powder to 1 pint of full cream milk (566 calories per pint)

- Boost calories further by adding fortified milk to cereals and hot drinks
- Use fortified milk to make homemade milkshakes - Try some recipes on the Food First: Home-made milkshakes leaflet

2) Take 2 high calorie snacks daily

Snack/ fortified food	Calorie content per serving
Glass of Fortified milk	566 per pint
Glass full cream milk	140
Small thick and creamy yoghurt	160
1 portion rice pudding	110
1 mini roll	120
1 portion of trifle	260
1 mini pork pie	200
2 crackers with margarine and cheese	400
Small egg mayonnaise sandwich	180
Small tuna mayonnaise sandwich	220
Single matchbox sized piece of cheese	120

3) Fortify meals

Add high calorie ingredients to meal items wherever possible. This increases the calorie and protein content without increasing the volume of food to be eaten.

Common Food fortifying ingredients are:

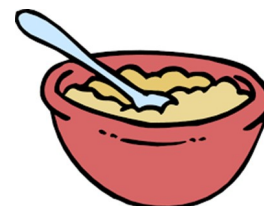
Booster	Calories per tablespoon	Add to
Milk powder	55	Full cream milk, porridge, soups
Butter/ Margarine	60	Porridge, mash , stews
Grated cheese	40	Mash, stews
Double cream	100	Porridge, milk puddings

Porridge

Porridge made with water only = 80 Kcals.

- ⇒ Add 1 tablespoon of milk powder and 1 tablespoon of butter or margarine.

Porridge made with full cream milk, plus milk powder and butter/ margarine = 300 calories.



Soup

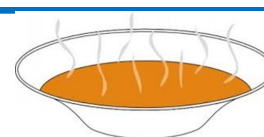
1 tablespoon of cream of tomato soup = 80 Kcals

- ⇒ Add 1 tablespoon of milk powder note: this will sweeten the soup, so may work better with sweeter soups eg cream of tomato, carrot, sweetcorn

Soup with 1 tablespoon milk powder =135 calories

Soup with 1 tablespoon full cream = 180 calories.

Soup with both 1 tablespoon milk powder and 1 tablespoon full cream = 235 calories.



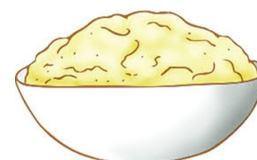
Mashed potato

1 portion of mashed potato= 200 calories.

- ⇒ Add butter/milk powder /cheese:

Mashed potato with 1 tablespoon butter=260 calories.

Mashed potato with 1 tablespoon butter plus 1 tablespoon milk powder= 315 calories.



Rice pudding or custard

1 bowl rice pudding= 110 calories.

- ⇒ Add cream or milk powder:

Rice pudding with 2 tablespoons full/ double cream= 310 calories.

Rice pudding with 2 tablespoons cream plus 1 teaspoon milk powder= 365 calories.

