

Department of Nutrition and Dietetics

Food Boosters

Being unwell can cause a reduction in appetite. If you are experiencing this we advise you to eat little and often and to choose foods which are high in calories. Each of the foods listed below contain 100 calories – you can add them to your meal to increase the calorie content of the dish.

Add to porridge/cereal:

- 20ml double cream
- 30ml condensed milk
- 1 1/2 tbsp honey
- 3-4tsp golden syrup
- 1tbsp peanut butter

Add to toast/sandwiches:

- 2 heaped tsp lemon curd
- 1tbsp peanut butter
- 1 heaped tsp mayonnaise
- 1tbsp pesto
- 1 heaped tbsp hummus

Add to sauces/soups/mashed potato/scrambled eggs/vegetables:

- 1tbsp butter
- 1tbsp olive oil
- 1 thick slice cheese
- 20ml double cream



Patient Information

Add to smoothies/milkshakes/custards/fruit:

- 125g pot full fat yoghurt
- 2tbsp full fat Greek yoghurt
- 30ml condensed milk
- 20ml double cream
- 1 scoop ice-cream

Small snacks:

- 4 squares chocolate
- Handful of peanuts/cashew nuts
- 3 brazil nuts
- 5 dried apricots

Contact numbers:

024 7696 6161 (University Hospital)

01788 663473 (Hospital of St Cross, Rugby)

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact 024 76 9 66161 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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