

Food First: Adding Calories to your Meals, Drinks and Snacks using Everyday Foods!

Using the ideas below will help you add extra calories to your foods and drinks without having to increase portion sizes. Adding extra calories to small portions of foods can help ensure you optimise the nutritional value of the foods you are eating.

Everyday foods	Serving suggestions... Add to...	Estimated calorie content
Full fat milk	<ul style="list-style-type: none"> breakfast cereals use to make up milky drinks provide a glass of full fat milk with main meals 	250ml glass of full fat milk = 165kcal, 8g protein
Full fat butter	<ul style="list-style-type: none"> potatoes and bread products hot toast, crumpets and tea cakes vegetables 	1 teaspoon = 40kcal 1 dessert spoon = 75kcal 1 tablespoon = 110kcal
Sweet cream	<ul style="list-style-type: none"> cakes, puddings and scones breakfast cereals and milky drinks fruit smoothies 	1 teaspoon = 15kcal 1 dessert spoon = 30kcal 1 tablespoon = 45kcal
Plain cream	<ul style="list-style-type: none"> soups, potatoes and pasta dishes cereals and fruit smoothies 	1 teaspoon = 20kcal 1 dessert spoon = 40kcal 1 tablespoon = 60kcal
Jam and Marmalade	<ul style="list-style-type: none"> toast, scones, tea cakes and crumpets porridge, yogurts and rice pudding <p><i>*for diabetics provide a thin spread only or use diabetic jam</i></p>	1 teaspoon = 15kcal 1 dessert spoon = 25kcal 1 tablespoon = 40kcal
Dried Milk Powder	<p>Make up 'Fortified Milk' by adding 4 tablespoons of milk powder to one pint of milk</p> <ul style="list-style-type: none"> use fortified milk in puddings, cereals and beverages (hot milky drinks) 	2 tablespoon of dried milk powder = 50kcal 200ml glass of fortified milk = 175kcal
Mayonnaise	<ul style="list-style-type: none"> provide as a condiment with main meals and finger foods add to baked potatoes and sandwiches 	1 teaspoon = 15kcal 1 dessert spoon = 30kcal 1 tablespoon = 45kcal
Cheese – grated or sliced	<ul style="list-style-type: none"> Add to savoury dishes; pasta, and omelettes Grate over vegetables, eggs, beans and potatoes On toast, crackers or alone as a snack 	1 match box size of cheese (30g) = 125kcal
Peanut butter	<ul style="list-style-type: none"> Add to toast, crumpets Stir into porridge 	1 tablespoon = 100kcal
Almonds, nuts or seeds (milled or whole)	<ul style="list-style-type: none"> Sprinkle milled seeds over cereals and salads Add to yogurts, cereals and porridge 	7 almonds = 100kcal 1 small handful peanuts/cashews = 100kcal 2 tablespoon of milled flaxseed=80kcal
Dried Fruit	<ul style="list-style-type: none"> Add to puddings, sweet treats and yogurts Add to porridge and cereals 	1 tablespoon (40g) = 100kcal
Olive oil	<ul style="list-style-type: none"> Drizzle over salads, and pasta dishes Fry foods in olive oil 	1 tablespoon = 100kcal