

Notes



The following examples can be eaten along with a meal or as an in between snack. Each one is around 100 calories.

Try choosing 3 every day.

- A small handful of nuts
- An individual portion of cheese
- Half a mini pork pie
- 2 mini sausage rolls
- 1 round oatcake with cream cheese
- 1 bag of crisps
- A small handful of dried fruit
- 1 banana
- 1 shortbread finger
- 1 slice of malt loaf
- 2 Jaffa Cakes
- 5 jelly babies
- 2 custard creams
- 1 Tunnock's Teacake
- 3 After Eights
- A small bar of chocolate e.g. Fudge, Freddo
- 1 small cereal bar
- 3 Liquorice Allsorts

Further Information

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- speak to a member of staff
- visit our website: www.wihb.scot.nhs.uk/feedback or share your story at: www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 704704 (ext 2236) or 0797 770 8701 Monday-Friday 9am-5pm (answerphone available).

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Department of Nutrition and Dietetics

Food Fortifiers



Useful tips for a nourishing diet

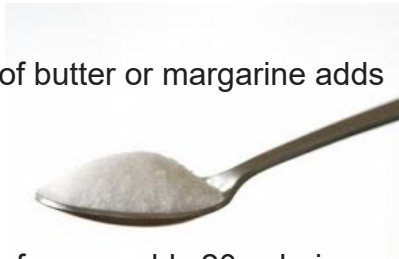
Introduction

Adding everyday foods to a dish can increase the nutritional content and make it more nourishing.

This is helpful when you want to gain weight or have a poor appetite and are not eating as much as normal.

At each meal, fortify at least one dish using these suggestions:

- 1 teaspoon of butter or margarine adds 50 calories



- 1 teaspoon of sugar adds 20 calories

- 2 tablespoons of double cream adds 130 calories

- 1 tablespoon sour cream dip adds 100 calories

- 1 tablespoon of mayonnaise adds 100 calories



- 1oz/matchbox sized piece of cheese adds 120 calories



- 4 level tablespoons dried milk powder adds 200 calories

- 1 tablespoon condensed milk adds 75 calories

- 1 tablespoon olive oil adds 120 calories



- 1 tablespoon evaporated milk adds 40 calories

- 1 tablespoon Greek yoghurt adds 45 calories

- 1 tablespoon peanut butter adds 95 calories



- 2 tablespoons taramasalata adds 260 calories



- 1 tablespoon hummus adds 100 calories

- 1 teaspoon pesto adds 40 calories



- 2 teaspoons honey/lemon curd adds 60 calories

- 2 teaspoons of jam adds 40 calories

