


Food First: Quick guide to eating an extra 500 calories per day

To stop losing weight and/or to help weight gain generally we need to eat at least an extra 500 calories per day. **Listed below are suggestions which can help you to increase your intake by 500 calories per day.** The foods suggested will also help to increase your intake of protein, vitamins and minerals.

In addition to your usual intake, try one of the following every day:


If you like milk and milk products	Total calories: 582
<ul style="list-style-type: none"> • Drink 1 extra glass (200ml) full fat milk 	140 calories
<ul style="list-style-type: none"> • Use fortified milk* (see overleaf) on cereal and in all cups of tea and coffee 	110 calories
<ul style="list-style-type: none"> • Eat 2 small snacks in between meals. E.g. 1 tub of rice pudding & 1 thick & creamy yoghurt 	332 calories



If you don't like or cannot take milk/milk products	Total calories: 499
 <ul style="list-style-type: none"> • Drink 1 extra glass (200ml) of fruit smoothie • Have an extra teaspoon of jam on bread or toast • Eat 2 small snacks in between meals. E.g. 1 cereal bar & 1 dessertspoon of peanuts • At your main meal fortify vegetables and potatoes with 2 teaspoons of margarine/butter 	100 calories
	50 calories
	274 calories
	75 calories

If you have a sweet tooth	Total calories: 516
<ul style="list-style-type: none"> • Drink 1 extra glass (200ml) of fruit juice 	80 calories
<ul style="list-style-type: none"> • Eat 2 small snacks in between meals. E.g. 1 chocolate mini-roll & 2 cream biscuits 	223 calories
<ul style="list-style-type: none"> • Have an extra small pudding after lunch or tea, e.g. 1 individual trifle 	188 calories
<ul style="list-style-type: none"> • Add an extra teaspoon of sugar to your cereal or hot drinks 	25 calories



If you prefer savoury flavours	Total calories: 571
 <ul style="list-style-type: none"> • Eat 2 small snacks in between meals. E.g. 1 mini pork pie & 1 packet of crisps • At your main meal fortify vegetables & potatoes with 1 tablespoon of grated cheese • Drink 1 extra mug (200ml) of instant soup made with hot fortified milk instead of water 	251 calories
	40 calories
	280 calories



If you have a very small appetite	Total calories: 511
<ul style="list-style-type: none"> • Drink 1 extra cup (150ml) of hot chocolate (made with fortified milk*) • Have 3 very small snacks between your meals - e.g. 2 cocktail sausages, 2 squares of milk chocolate & half a tub of custard • Fortify custard with 1 tablespoon of skimmed milk powder • Fortify your main meal with 2 teaspoons of butter or margarine 	190 Calories 191 calories 55 calories 75 calories





If you have a very small appetite, enriching food by adding extra energy, protein and other nutrients to them can make it easier for you to eat enough every day. We call this **food fortification**.

How to fortify:

Use 1 or more of the suggested fortifier amounts per portion, based on your preferences and how the fortifiers affect the food's flavour.

Try to use the **top 2 ingredients in each list** (those providing **calories and protein**) more than the last ingredients in each list (those providing only calories).

Most suitable food to fortify	How to fortify	Calories added per portion	Protein added per portion
Milk to use in: <ul style="list-style-type: none"> • all cups of tea/coffee • cereal • hot chocolate, milk as a drink, milkshakes 	Add 4 tablespoons of dried, skimmed milk powder to each pint of full fat milk This is called fortified milk	55 per 150ml	5.5g per 150ml
Porridge 	Add one or more of the following: <ul style="list-style-type: none"> - 1 tablespoon of dried, skimmed milk powder per portion - 1 tablespoon of ground almonds per portion - 1 teaspoon of butter or margarine per portion 	55 kcal 60 kcal 37 kcal	5.5g 2g 0g
Soup 	Add one or more of the following: <ul style="list-style-type: none"> - 1 tablespoon of dried, skimmed milk powder per portion - 1 tablespoon of ground almonds per portion - 1 tablespoon of double cream per portion 	55 kcal 60 kcal 100 kcal	5.5g 2g 0g

Most suitable food to fortify	How to fortify	Calories added per portion	Protein added per portion
<p>Mashed potato</p> 	<p>Add one or more of the following (per portion):</p> <ul style="list-style-type: none"> - 1 tablespoon of dried, skimmed milk powder - 1 tablespoon of grated cheese - 1 teaspoon of butter or margarine 	<p>55 kcal</p> <p>40 kcal</p> <p>37 kcal</p>	<p>5.5g</p> <p>2.5g</p> <p>0g</p>
<p>Cooked vegetables</p> 	<p>Add one or more of the following (per portion):</p> <ul style="list-style-type: none"> - 1 tablespoon of grated cheese - 1 tablespoon of white sauce - 1 teaspoon of butter or margarine - 1 tablespoon of double cream 	<p>40 kcal</p> <p>45 kcal</p> <p>37 kcal</p> <p>100kcal</p>	<p>2.5g</p> <p>1g</p> <p>0g</p> <p>0g</p>
<p>Rice pudding or semolina</p> 	<p>Add one or more of the following (per portion):</p> <ul style="list-style-type: none"> - 1 tablespoon of dried, skimmed milk powder - 2 tablespoons of evaporated milk - 1 heaped tablespoon of jam or honey 	<p>55 kcal</p> <p>50 kcal</p> <p>50 kcal</p>	<p>5.5g</p> <p>2g</p> <p>5.5g</p>
<p>Custard</p> 	<p>Add one or more of the following (per portion):</p> <ul style="list-style-type: none"> - 1 tablespoon of dried, skimmed milk powder - 1 tablespoon of condensed milk - 1 tablespoon of double cream 	<p>55 kcal</p> <p>48 kcal</p> <p>100 kcal</p>	<p>5.5g</p> <p>1g</p> <p>0g</p>

If you are finding it difficult to eat enough, the following milkshake recipe can help increase your calorie, protein and vitamin and mineral intake.



Homemade Fortified Milkshake Recipe

Ingredients for one serving

- One third of a pint/200ml full fat milk
- 2 generous tablespoons (30g) skimmed milk powder
- 4 heaped teaspoons (20g) vitamin fortified milkshake powder (Nesquik OR 5 heaped teaspoons (25g) of Ovaltine Original Add Milk Drink)

Directions

- Mix milk powder and milkshake powder together in a glass
- Gradually mix in milk and stir well

Product comparison	Calories per portion	Protein per portion	Cost per portion
Homemade fortified milkshake	310	18g	36p
Complan + full fat milk	387	15.6g	£1.01
Meritene Strength and Vitality Shake + full fat milk	247	16g	£1.02

Serve 2 drinks per day

If you require further information please see resource:

[Advice for eating well if you have lost weight or are underweight](#)

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