

## ~300kcal\* Boosters

Description	Energy (kcal)	Protein (g)
<b>Food</b>		
Small can (205g) baked beans + 2 slices wholemeal bread	330	20
125g Greek yoghurt + ¼ can tinned pears + 25g walnuts	380	11
1 level tbsp peanut butter + 1 banana + 100g fat-free quark	300	15
70g hummus + 80g pepper	240	6
100g cottage cheese + 4 wholemeal crackers	240	14
80g avocado and 50g (3 thin slices) smoked salmon	230	13
1 scotch egg (113g)	240	12
80g quiche Lorraine	215	7
1 medium boiled egg + 2 rye crispbreads + butter	200	8
3 rice cakes + 2 level tbsp peanut butter	281	9
Smoked mackerel (1 fillet / 125g)	380	30
Salmon (1 fillet / 140g)	300	25
Sardines (1 tin / 120g)	206	20
200ml fortified whole milk (1 pint + 4 level tbsp dried milk powder)	350	29
Peanuts (40 nuts / approx. 1 handful)	282	14
Almonds (25 nuts / approx. 2 handfuls)	306	10
Cashew (35 nuts / approx. 2 handfuls)	214	7
Walnuts (6 whole / 12 halves / approx. 1 handful)	275	6
Brazil (12 nuts / approx. 2 handfuls)	273	6
Hazelnuts (35 nuts / approx. 2 handfuls)	228	5
Peanut butter (3 level tbsp)	291	11
Pumpkin seeds (2 level tbsp)	282	12
Sunflower seeds (3 level tbsp)	276	9
Tahini (2 level tbsp)	214	7
<b>Drinks</b>		
Weetabix on the Go Breakfast drink (1 carton / 250ml)	207	9
Muller Frijj Milkshake (1 carton / 330ml)	238	11
Huel (250ml)	200	10
BOL power shake (410ml)	275	22
Nurishment (370ml)	380	20
Fortified milk (200ml – 2 level tbsp milk powder added to 1-pint whole milk)	240	18
Fortified milk (200ml – 3 level tbsp milk powder added to 1-pint whole milk)	295	24
Fortified milk (200ml – 4 level tbsp milk powder added to 1-pint whole milk)	350	29
Easy drink recipes ( <a href="#">Food Fortification: Medium &amp; High Risk of Malnutrition</a> )	245-310	2-12

\*Examples vary from 200-400kcal, adjust intake as required

Approval date: August 2024

Review Date: August 2027 (or sooner if evidence or practice changes)

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