







Ideas to boost your energy and protein intake

The following tables show how you can easily boost your energy and protein intake. Try adding the foods at the top of the tables to the foods along the side where a tick (✓) is shown. You don't need to use all suggestions for each food at one time, but be generous with whatever you do use.

	 Cream, fortified milk or skimmed milk powder*	 Butter/spread	 Oil (olive/rapeseed)	 Cheese (grated or soft)	 Pesto, tahini or hummus	 Dressings, mayonnaise or salad cream	 Pâté or paste (meat, egg, fish)
Mashed potato	✓	✓	✓	✓			
Cooked vegetables		✓	✓	✓	✓	✓	
Salads			✓	✓	✓	✓	✓
Pasta or rice		✓	✓	✓	✓		
Soups	✓	✓	✓	✓			
Sauces	✓	✓	✓	✓	✓		
Baked beans		✓	✓	✓			
Eggs	✓	✓	✓	✓	✓	✓	
Bread, scones, crackers		✓	✓	✓	✓	✓	✓
Sandwiches		✓		✓	✓	✓	✓

* Add 1 tablespoon of skimmed milk powder to foods when cooking (mix the powder with a small amount of milk to make a smooth pastes first, then add to food).