




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.

| |  Skimmed milk powder* or fortified milk |  Cream |  Sugar, syrup, honey or flavoured sauces |  Nut butter or chocolate spread |  Nuts or seeds (ground or chopped) |
|----------------------------|--|--|---|--|---|
| Porridge/cereal | ✓ | ✓ | ✓ | ✓ | ✓ |
| Puddings | ✓ | ✓ | ✓ | ✓ | ✓ |
| Yoghurt | ✓ | ✓ | ✓ | ✓ | ✓ |
| Milky drinks (hot or cold) | ✓ | ✓ | ✓ | ✓ | |
| Stewed/canned fruit | ✓ | ✓ | ✓ | ✓ | ✓ |

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