

Ways to quickly add 100 kcals

This information was adapted from our nutrition leaflets, which can be accessed at cysticfibrosis.org.uk/nutritionleaflets

Avocado: half an avocado. Add to sandwiches and salads or make guacamole.

Bacon: two fried slices. Add to sandwiches, burgers, macaroni cheese or crumble into salads.

Margarine, butter or ghee: one tablespoon. Add to sandwiches, crackers, pancakes and breads or melt on hot foods such as potatoes and vegetables.

Mayonnaise: one tablespoon. Use in sandwiches and salads or make a dip for raw vegetables, chicken strips, chips and seafood.

Cheese: 30g or two tablespoons of grated cheese. Add to sandwiches and salad or melt into foods like scrambled eggs, potatoes, soups and chilli.

Chopped nuts: two tablespoons. Add to cereals, ice cream, fruit salads, and puddings.

Cream cheese: two tablespoons. Spread on breads, bagels and crackers or mix in food such as mashed potato, pasta and macaroni cheese.

Double cream: one and a half tablespoons. Add to full-fat milk, hot/cold cereals, fruit smoothies, creamed soups and any recipe that uses milk.

Chocolate spread or peanut butter: one tablespoon. Spread on toast, crackers, bagels and fruit slices.

Syrup or honey: two tablespoons. Add to hot cereals/porridges, drizzle on pancakes or pour over ice cream.

Meal planning

Here are some examples of foods that you could try for meals and snacks:

Breakfast

Toast with jam and butter, chocolate spread, peanut butter or pâté.

Cereal with full-fat milk and added fruit and nuts.

Croissant, Danish pastry, muffin or crumpets with butter, jam, peanut butter or syrup.

Bagel with cream cheese, chocolate spread or salmon or scrambled eggs with cheese.

Milky coffee, latte, cappuccino made with full-fat milk, a glass of milk or a milkshake.

Bacon, sausage or egg sandwich.

Cheese and beans on toast with butter.

Bacon, sausage, egg, beans, toast and hash browns.

Lunch

Sandwich made from thickly-sliced bread with butter, a full-size bagel or large tortilla wrap. Fillings could include tinned fish, egg, meat, cheese and sauce such as mayonnaise, seafood sauce, potato salad or coleslaw.

Jacket potato with butter or olive oil and fillings such as cheese, beans, tuna with mayonnaise or chilli.

Ready meal such as lasagne, curry or macaroni cheese, served with naan bread, poppadoms or garlic bread.

Scrambled, poached or fried eggs with beans and/or cheese.

Pâté, peanut butter or chocolate spread on buttered toast, English muffin or tortilla wrap.

Additions to lunch could include sausage rolls, Scotch eggs, full-fat yoghurt, chocolate bars, crisps, nuts or a piece of cake.

Evening meal

Fried, grilled or roasted meat, fish or vegetarian meat substitute with vegetables and potatoes (add fortified mashed potatoes for more calories).

Lasagne, curry or chilli with rice and garlic bread, naan bread or nachos.

Pastry pie (crust top and bottom) with buttered vegetables and fortified mashed potatoes.

Pasta with creamy sauce and additional cheese on top.

Tortilla wraps with meat, vegetables or meat substitute with avocado, sour cream and cheese.

Dessert

Full-fat yoghurt or chocolate dessert pot.

Cheese and biscuits.

Individual crème caramel, trifle or milk pudding.

Ice cream, cheesecake, gateaux, fresh cream cake or a slice of cake.

Sponge pudding with ice cream or custard.

Biscuits or cookies and a glass of full-fat milk.

Pancakes or waffles with syrup, chocolate spread and cream.

Snacks

Chocolate bars, crisps, nuts, individual pizzas, chips, toast, biscuits, cake or individual trifles.

Chocolate pots, individual fruit pies, cheese and biscuits, yoghurt, scones or scotch eggs.

Sausage rolls, mixed cured meats and cheese, sushi, doughnuts, Danish pastries, waffles or quiches.

Other tips

- Store root veg such as potatoes and onions in a cool dark place, where they will keep for weeks.

- Buy tinned foods, which keep. Store cupboard essentials can include tinned fish eg tuna fish, baked beans, tinned tomatoes, kidney beans, macaroni cheese, custard. You can also buy tinned vegetables and potatoes if getting fresh is difficult.
- Other store cupboard essentials that keep include dried pasta, noodles, rice.
- You can freeze almost anything! Cheese freezes well, if it is grated. Chopped/sliced onions freeze well and use from frozen. Fresh veg that you might not finish in time can also be frozen, chop into pieces and freeze into a freezer bag.

Vitamins

Remember to take your vitamins. Vitamin D is especially important now that many people will be getting less sunlight.