

100-calorie boosters

The following examples are approximately 100 calories each. These boosters can be added to any appropriate meal to fortify it, or eaten as a snack to promote weight gain.

Savoury options

- a small handful of grated cheese
- 1 tablespoon of mayonnaise
- 1 tablespoon of peanut butter
- 1 tablespoon of oil
- 2 cubes (around 14g) of butter
- 2 tablespoons of pesto
- 2 tablespoons of salad cream
- 2 tablespoons of hummus
- 2 heaped tablespoons of dried milk powder



Sweet options

- 1 heaped tablespoon of sugar
- 1 small pot of full fat yoghurt
- 1.5 tablespoons of double cream
- 2 tablespoons of chocolate sauce
- 2 tablespoons of golden syrup
- 2 tablespoons of lemon curd
- 2 tablespoons of condensed milk
- 2 tablespoons of honey
- 2 scoops of ice cream



Snacks and drinks

- a small handful of nuts
- a small handful of dried fruit
- 1 banana
- 1 shortbread finger
- 1 bag of crisps
- 1 slice of malt loaf
- 2 Jaffa Cakes
- 3 cream crackers
- 3 cubes of milk chocolate
- 5 jelly babies
- 150ml of full-fat milk
- 200ml of orange juice
- 250ml of regular cola



Tip: Choose at least five booster examples to have each day to achieve the 500 extra calories required to help you gain weight

Contact us

If you have any questions or concerns about these information sheets, please contact the Lambeth and Southwark Action on Malnutrition Project on 020 3049 5422 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

t: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years. To join:

t: 0848 143 4017 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk