

Help to put on weight – supplementary information – calorie counting

This supplements the information on the page www.nutritionnutrition.com/put_on_weight.html

The following is a list of the calorie content of some foods that you could add in to your diet to put on weight. If your weight is currently stable, consuming an extra 300 calories a day should help you to gain weight steadily. Read more on NutritionNutrition.com for help to put on weight, and healthy eating.

	<u>Amount</u>	<u>Calories (Kcal)</u>
Honey	1 heaped tsp	50
Jam	1 heaped tsp	50
Sugar	1 heaped tsp	25
Chocolate nut spread	average spread 20g	110
Butter or *margarine	1 portion, wrapped	75
Peanut butter	25g	150
Single cream	1 tbsp	40
Double cream	1 tbsp	135
Custard (full cream milk)	average 150g portion	175
Evaporated Milk	quarter pint	150
Condensed Milk	quarter pint	333
Full cream milk	quarter pint	95
Dried milk powder with vegetable fat	1 tbsp	75
Cheese (cheddar)	matchbox size	125
Processed cheese	1 slice	65
Cheese sauce	medium portion 60g	120
White sauce	portion 90ml	90
Mayonnaise	1 tbsp	230
Salad Cream	average 30g	100
Fried Onions	57g	95
*Raisins	1 tbsp	90
*Dry Roasted Peanuts	Small bag – 25g	150
Chocolate digestive	x 2	85
Milk Chocolate	50g bar	275
Shortbread	50g	270
Packet crisps	1 packet 35g	190
Chocolate covered biscuit	1	150
*Fruit cake	slice 70g	250
Mars bar	regular 70g	300
*Fruit scone	one 50g	150
Mince pie	one 60g	240
*Cereal with whole milk	bowl	250
Cheese on toast	one slice	250
Creamy soup	bowl	150
Milk puddings	one portion 200g	200
Trifle	one portion 125g	300
Fruit Pie	one portion 120g	310
Sponge Pudding	one portion 110g	375
*Fruit yogurt (whole milk)	125g pot	130
Ice Cream	1 scoop	120
Chocolate mousse	average 120g portion	165
Horlicks (not low fat)	1 mug with full cream milk	200
Ovaltine	1 mug with full cream milk	200
Drinking chocolate	1 mug with full cream milk	180
Bournvita	1 mug with full cream milk	150
Cocoa	1 mug with full cream milk	150

tsp= teaspoon, tbsp= tablespoon, * healthier option



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information you can trust

Nutrition information
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