

100kcal Food First Boosters

Reference Number: ULHT-LFT-4175 v1

Issued: January 2026

Review Date: January 2028

Food	Amount
Any vegetable oil	12g/3tsp
Double cream	20g/4tsp
Crème fraiche	30g/1tbsp
Cheese (cheddar/parmesan)	25g
Skimmed milk powder	30g/3tsp
Butter/margarine	15g/1tbsp
Mayonnaise	15g/1tbsp
Mayonnaise (light/reduced fat)	35g/2tbsp
Pesto	24g
Tartare sauce	30g
Guacamole	60g/3tbsp
Cream of tomato/mushroom soup	200g
Chunky vegetable soup	260g
Boiled egg	1 large
Peanut butter/almond butter	15g/1tbsp
Walnuts	15g/ 1 ½ tbsp
Pecans	15g/1 ½ tbsp
Flaxseed/pumpkin seeds	10g/2tbsp
Dried apricots	50g
Dried cranberries	30g
Cream crackers	3 crackers/24g
Malt loaf	30g
Cereal	30g
Profiteroles	2 profiteroles
Chocolate spread	17g/1tbsp
Lemon curd	35g/2tbsp
Marmalade	40g/2tbsp
Jam	40g/2tbsp
Natural yogurt	125g
Greek yogurt	75g
Soya yogurt	135g
Coconut yogurt	180g
Latte (made with full fat milk)	220ml/ small serving size
Salted popcorn	20g
Pretzels	26g/6 pretzels
Breadsticks	25g/5 breadsticks
Crumpet	50g/1 crumpet
Bread	44g/ 1 thick slice
Chocolate	20g/ 4 small squares
Jelly babies/wine gums/licuorice allsorts	30g/ 5 sweets

United Lincolnshire Teaching Hospitals NHS Trust has worked with AccessAble to create detailed Access Guides to facilities, wards and departments at our sites.

www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

United Lincolnshire Teaching Hospitals NHS Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language or alternative format, please email the Patient Information team at ulth.patient.information@nhs.net