

Below are some examples and suggestions of ways to add extra calories within the confines of a low FODMAP diet.

These suggestions do promote weight gain so may not be suitable for everyday use for the whole family.

Original food	With added extras
2 scrambled eggs 163 calories 15g protein	2 scrambled eggs + 1 Tbsp. cheese + 2 Tbsp. full cream lactose free milk 258 calories 19g protein
½ cup mashed potato 85 calories 3g protein	½ cup mashed potato + 2 Tbsp. lactose free milk + 2 Tbsp. butter/margarine + 1 Tbsp. cheese 241 calories 8g protein
2 Rice crackers with strawberry jam 87 calories 1g protein	2 Rice crackers + 2 tsp peanut butter + 1 banana 214 calories 5g protein
Sandwich with 2 slices low fodmap bread 1 slice ham 1 tsp butter/margarine 216 calories 11g protein	Sandwich with 2 slices low fodmap bread 1 slice ham 1 tsp butter/margarine + 1 slice cheese + Tbsp. avocado 340 calories 17g protein
Smoothie with almond milk, ½ banana & 5 strawberries 161 calories 3g protein 208g calcium	Smoothie with soy milk, ½ banana & 5 strawberries + 1 scoop soy ice cream + 1 Tbsp. chocolate topping 460 calories 13g protein 419g calcium
200g/7oz lactose free Greek yoghurt 204 calories 11g protein	200g/7oz lactose free Greek yoghurt + 30g/1oz low FODMAP nuts 395 calories 17g protein
Large bowl of green salad + tin tuna in spring water 78 calories 16g protein	Large bowl of green salad + tin tuna in <u>oil</u> + 30g/1oz mixed nuts/seeds + ½ cup rice 580 calories 27g protein