Worksheet 4.3 My energy-dense snacks or add-ons

Use this worksheet to list some ideas for food combinations that will give you an extra 500 calories per day. Feel free to borrow examples from "Why do I need to gain weight and how do I do it?" and add in your own.

your own.	
Snacks	When can I add this?
Add-ons to meals	What meal would this work with?