

How to Boost Your Calories

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- Eat an extra snack, such as a bedtime peanut butter sandwich with a glass of milk
- Eat larger than normal portions at mealtime
- Eat higher calorie foods

Examples of what foods to choose:

- Cold Cereal. Choose dense cereals (instead of flakes of puffed cereal) such as granola, grape-nuts, and wheat chex. Top with nuts, sunflower seeds, raisins, bananas or any other fruits.
- Hot Cereal. Cook with milk rather than water. Add margarine, peanut butter, walnuts, sunflower seeds, dried fruit, and brown sugar.
- Juices. Choose apple, cranberry, cran-apple, grape, pineapple juice over grapefruit, orange or tomato juice.
- Fruits. Bananas, pineapple, raisins, and dried fruits are higher in calories than watery fruits like peaches, watermelon.
- Milk. Drink 2% rather than skim. Try Ovaltine, Carnation Instant Breakfast, Nestlé's Quick in your milk, or make milk shakes and fruit smoothies.
- Toast. Spread generous amounts of peanut butter, margarine and jam or honey.
- Sandwiches. Select hearty, dense breads like 12 grain, rye, and pumpernickel. The bigger the slice the better. Spread with moderate amount of mayo. Fill with tuna salad, chicken, turkey etc. PB & J high in calories
- Soups. Pick lentil, split pea, minestrone, and barley soups rather than broth soups. Cream based soups are higher in calories too!
- Meats. Consume in moderation beef, lamb, pork, since they are high in saturated fat. Instead pick sauté chicken or fish cooked in olive oil.
- Beans, legumes. High in calories, carbs and protein.
- Veggies. Peas, corn, carrots, winter squash, and beets highest in calories. Top with margarine, slivered almonds, and low-fat cheese.
- Salads. Add the following to you salad: cottage cheese, chick peas, sunflower seeds, tuna fish, lean meat, croutons, and regular salad dressing.
- Potatoes. Add generous amounts of margarine to potatoes. If you make your mashed potatoes use whole milk.
- Desserts. Oatmeal raisin cookies, fig newtons, chocolate pudding, frozen yogurt, blueberry muffins corn bread, banana bread, sweet breads and muffins.

- Snacks. By snacking throughout the day you can add on extra calories. Try fruit yogurt, low fat cheese an crackers, peanuts, granola, pretzels, English muffins, bagels, bran muffins, pizza, peanut butter crackers, milk shakes, instant breakfast drinks, bananas, dried fruit, and sandwiches.