



HOW TO INCREASE CALORIES IN THE DIET

You can increase the amount of calories you eat by eating more foods than you usually eat. Try to eat and drink more frequently and have larger meals.

Butter/Olive oil — Add to EVERYTHING - soups, potatoes, hot cereal, rice, noodles, cooked vegetables or meats

Whipped Cream — Add to coffee, pudding, mashed potatoes, put on fruits or other desserts

Cream — Add to soup, puddings, custards, cereal, mashed potatoes, meat, use as a base for sauces, mix with milk, use in a smoothie or add to coffee

Sour Cream — Add to soup, potatoes, noodles or mix with fruit

Honey, Jam & Sugar- Add to bread, cereal, milk or yoghurt

Gravy — Add to meat and potatoes

Powered Milk — Add 1/3 of a cup to one cup of milk for extra calories, add to soup and mashed potatoes, can be added to all foods to increase the protein and calories in the diet

Avocado — eat alone, mix into other foods, spread on bread or crackers.

Dairy Products — use full fat (3.25%) milk, yogurt and cheese when eating ice cream make sure the first ingredient is cream or milk.

Nuts — if you have no swallowing difficulties snack on nuts during the day or sprinkle on foods.

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