



## Increasing Calories

### Make your calories count

- Eat often, every 2 to 3 hours
- Drink higher-calorie drinks such as whole milk, shakes, smoothies and ready-made commercial nutritional beverages
- Add extra butter, margarine, oil or cheese whenever appropriate
- Each suggested serving in the chart provides about 100 calories

Food	Portion	Tips
Avocado	1/3 medium	Add to salads and sandwiches
Bacon	3 slices	Add to sandwiches, casseroles, vegetables and salads
Dried fruits	1/4 cup	Snack on or add to baked goods and yogurt
Granola	1/4 cup	Use in baked goods and sprinkle on ice cream
Ice cream	1/3 cup	Add to carbonated beverages to make a float, or to milk and nutritional beverages to make a shake
Mayonnaise	1 Tbsp.	Combine with meat, fish or eggs; use as a marinade for chicken or fish
Heavy cream	2 Tbsp.	Use in place of milk. Use in cream soups, sauces, pudding, custard, mashed potatoes and hot chocolate. Put on hot or cold cereal. Top hot chocolate and desserts with whipped cream
Nuts, seeds	1/8 cup	Use as a snack or add to batters when making baked goods. Add to cereal, ice cream, yogurt and salads
Olives	20	Add to salads, sandwiches and pizza
Peanut butter, other nut butter	2 Tbsp.	Spread on sandwiches, toast, muffins, crackers, waffles and pancakes. Use as a dip for raw vegetables and fruit. Blend with milk drinks and beverages
Sour cream	1/4 cup	Add to soups, potatoes, and macaroni and cheese