

How to Increase Calories

Nausea, vomiting, bowel irregularities, taste changes, and a decreased appetite can all pose stumbling blocks to eating well and maintaining your weight, but adequate calorie intake helps spare the protein in your muscles from being broken down for energy. There are many benefits to being well-nourished, including:

- Greater energy and endurance
- Maintaining strength
- Faster recovery from surgery and illness
- Better withstanding the effects of medical treatment and stress
- Fewer infections and medical complications

Tips to Increase Calories in Your Diet

Food	Serving Size	Calories	Serving Suggestion
Avocado	½ medium	100	<ul style="list-style-type: none"> • Add to salads and sandwiches • Make guacamole for dipping or adding to foods
Bacon	3 slices	100	<ul style="list-style-type: none"> • Add to sandwiches, casseroles, vegetable dishes, and salads
Butter and margarine	1 tbsp.	100	<ul style="list-style-type: none"> • Add to soups, sauces, gravies, mashed and baked potatoes, hot cereals, grits, rice, noodles, bread, and cooked vegetables • Combine with herbs and seasonings to spread on cooked meats, hamburgers, and fish and egg dishes • Use melted butter or margarine as a dip for seafood
Cheese	1 oz.	100	<ul style="list-style-type: none"> • Melt on top of bread, pasta, casseroles, potatoes, and vegetables • Add to omelettes, sandwiches, and soups
Cream cheese	2 tbsp.	100	<ul style="list-style-type: none"> • Spread on breads, muffins, fruit slices, vegetables, and crackers

			<ul style="list-style-type: none"> • Roll into balls and coat with chopped nuts, wheat germ, or granola
Dried fruits	¼ cup	100	<ul style="list-style-type: none"> • Snack on trail mix containing dried fruit • Add to pancakes, muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings, stuffing, and yogurt • Combine with cooked vegetables, such as carrots, sweet potatoes, yams, and acorn and butternut squash
Eggs	1	75	<ul style="list-style-type: none"> • Add chopped, hard-cooked eggs to salads and dressings, vegetables, casseroles, and creamed meats • Add extra hard-boiled yolks to deviled eggs and sandwich spread • Beat eggs into mashed potatoes, vegetable purees, and sauces; remember to avoid raw or uncooked eggs, which may contain harmful bacteria • Add extra eggs or egg whites to custards, puddings quiches, scrambled eggs, omelettes, and pancake and French toast batter
Granola	1 oz. or ¼ cup	125	<ul style="list-style-type: none"> • Use in cookie, muffin, and bread batters • Sprinkle on vegetables, yogurt, ice cream, pudding, and fruit • Layer with fruits and bake • Mix with dry fruits and nuts for a snack
Honey, jam, and sugar	1 tbsp.	50-60	<ul style="list-style-type: none"> • Add to bread, cereal, milk drinks, and fruit and yogurt desserts • Use as a glaze for meats, such as chicken
Ice cream	½ cup	120-140	<ul style="list-style-type: none"> • Add to carbonated beverages, such as ginger ale or cola • Add to milk drinks and nutrition supplements for tasty milkshakes • Add to cereal, fruit, gelatin desserts, and pies; blend or whip with soft or cooked fruits • Sandwich ice cream or frozen yogurt between cake slices, cookies, or graham crackers • Make breakfast drinks with fruit and bananas
Mayonnaise and salad dressing	1 tbsp.	100	<ul style="list-style-type: none"> • Use on sandwiches • Combine with meat, fish, and egg or vegetable salads

			<ul style="list-style-type: none"> • Use in sauces and gelatin dishes • Use as a marinade for meat, chicken, and fish
Milk and cream	1 cup 1 oz.	150 40	<ul style="list-style-type: none"> • Use in creamy soups, sauces, egg dishes, batters, pudding, and custard • Put on hot or cold cereal • Mix with noodles, pasta, rice, and mashed potatoes • Pour on chicken and fish while baking • Use as a binder in hamburgers, meatloaf, and croquettes • Use cream instead of milk in recipes • Make hot chocolate with cream and add marshmallows
Nuts and seeds	$\frac{1}{2}$ cup	100	<ul style="list-style-type: none"> • Snack on trail mix containing nuts and/or seeds • Add chopped or ground nuts to casseroles, breads, muffins, pancakes, cookies, and waffles • Sprinkle on fruit, cereal, ice cream, yogurt, vegetables, salads, and toast as a crunchy topping; use in place of bread crumbs
Peanut butter	2 tbsp.	190	<ul style="list-style-type: none"> • Spread on sandwiches, toast, muffins, crackers, waffles, or pancakes • Use as a dip for raw vegetables and fruit • Blend with milk drinks and beverages • Swirl through soft ice cream and yogurt
Oil (canola or olive)	1 tbsp.	120	<ul style="list-style-type: none"> • Use to fry vegetables, meats, and eggs • Mix with herbs for bread dip • Toss with pasta and salads • Add to milkshakes
Sour cream	$\frac{1}{4}$ cup	100	<ul style="list-style-type: none"> • Add to creamy soups, baked potatoes, macaroni and cheese, eggs, vegetables, sauces, salad dressings, stews, baked meat, and fish • Use as a topping for cakes, fruit, gelatin desserts, breads, and muffins • Use as a dip for fresh fruits and vegetables • Add to avocado dip
Whipped cream	1 tbsp.	50	<ul style="list-style-type: none"> • Use sweetened cream on hot chocolate, desserts, gelatin, puddings, fruits, pancakes, and waffles • Fold unsweetened cream into mashed potatoes or vegetable purées

Other Tips

- Take advantage of times you feel well and eat your biggest meal then.
- Keep high-calorie foods readily available at home and when you are on the go.
- Eat small, frequent meals and snacks every 2 to 3 hours during the day.
- Minimize fluids at meal times to avoid filling up too much on liquid.
- Sip on higher calorie fluids, such as juice, milk, milkshakes, and nutrition supplements throughout the day.
- When choosing between two similar products (i.e. low-fat or whole milk) choose the option with more calories.

Food Preparation

- Bread meat and vegetables.
- Sauté and fry foods if tolerated since these methods add more calories than baking or broiling.
- Add sauces or gravies.