

How to Increase Calories

Butter and Margarine	<ul style="list-style-type: none"> <input type="checkbox"/> Add to soups, mashed and baked potatoes, hot cereals, grits, rice, noodles, and cooked vegetables. <input type="checkbox"/> Stir into cream soups, sauces, and gravies. <input type="checkbox"/> Combine with herbs and seasonings, and spread on cooked meats, hamburgers, and fish and egg dishes. <input type="checkbox"/> Use melted butter or margarine as a dip for seafoods and raw vegetables, such as shrimp, scallops, crab, and lobster.
Whipped Cream	<ul style="list-style-type: none"> <input type="checkbox"/> Use sweetened on hot chocolate, desserts, gelatin, puddings, fruits, pancakes, and waffles. <input type="checkbox"/> Fold unsweetened into mashed potatoes or vegetable purees.
Milk and Cream	<ul style="list-style-type: none"> <input type="checkbox"/> Use in cream soups, sauces, egg dishes, batters, puddings, and custards. <input type="checkbox"/> Put on hot or cold cereal. <input type="checkbox"/> Mix with noodles, pasta, rice, and mashed potatoes. <input type="checkbox"/> Pour on chicken and fish while baking. <input type="checkbox"/> Use as a binder in hamburgers, meatloaf, and croquettes. <input type="checkbox"/> Use whole milk instead of low-fat. <input type="checkbox"/> Use cream instead of milk in recipes. <input type="checkbox"/> Make hot chocolate with cream and add marshmallows.
Cheese	<ul style="list-style-type: none"> <input type="checkbox"/> Melt on top of casseroles, potatoes, and vegetables. <input type="checkbox"/> Add to omelets. <input type="checkbox"/> Add to sandwiches.
Cream Cheese	<ul style="list-style-type: none"> <input type="checkbox"/> Spread on breads, muffins, fruit slices, and crackers. <input type="checkbox"/> Add to vegetables. <input type="checkbox"/> Roll into balls and coat with chopped nuts, wheat germ, or granola.
Sour Cream	<ul style="list-style-type: none"> <input type="checkbox"/> Add to cream soups, baked potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meat, and fish. <input type="checkbox"/> Use as a topping for cakes, fruit, gelatin desserts, breads, and muffins. <input type="checkbox"/> Use as a dip for fresh fruits and vegetables. <input type="checkbox"/> For a good dessert, scoop it on fresh fruit, add brown sugar, and refrigerate until cold before eating.
Salad Dressings and Mayonnaise	<ul style="list-style-type: none"> <input type="checkbox"/> Use with sandwiches. <input type="checkbox"/> Combine with meat, fish, and egg or vegetable salads. <input type="checkbox"/> Use as a binder in croquettes.

	<input type="checkbox"/> Use in sauces and gelatin dishes.
Honey, Jam, and Sugar	<input type="checkbox"/> Add to bread, cereal, milk drinks, and fruit and yogurt desserts. <input type="checkbox"/> Use as a glaze for meats, such as chicken.
Granola	<input type="checkbox"/> Use in cookie, muffin, and bread batters. <input type="checkbox"/> Sprinkle on vegetables, yogurt, ice cream, pudding, custard, and fruit. <input type="checkbox"/> Layer with fruits and bake. <input type="checkbox"/> Mix with dry fruits and nuts for a snack. <input type="checkbox"/> Substitute for bread or rice in pudding recipes.
Dried Fruits (raisins, prunes, apricots, dates, figs)	<input type="checkbox"/> Try cooking dried fruits; serve for breakfast or as a dessert or snack. <input type="checkbox"/> Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings, and stuffings. <input type="checkbox"/> Bake in pies and turnovers. <input type="checkbox"/> Combine with cooked vegetables, such as carrots, sweet potatoes, yams, and acorn and butternut squash. <input type="checkbox"/> Combine with nuts or granola for snacks.
Eggs	<input type="checkbox"/> Add chopped, hard-cooked eggs to salads and dressings, vegetables, casseroles, and creamed meats. <input type="checkbox"/> Make a rich custard with eggs, milk, and sugar. <input type="checkbox"/> Add extra hard-cooked yolks to deviled-egg filling and sandwich spread. <input type="checkbox"/> Beat eggs into mashed potatoes, vegetable purees, and sauces. (Be sure to keep cooking these dishes after adding the eggs because raw eggs may contain harmful bacteria.) <input type="checkbox"/> Add extra eggs or egg whites to custards, puddings, quiches, scrambled eggs, omelets, and to pancake and French toast batter before cooking.
Food Preparation	<input type="checkbox"/> Bread meat and vegetables. <input type="checkbox"/> If tolerated, saute and fry foods when possible, because these methods add more calories than do baking or broiling. <input type="checkbox"/> Add sauces or gravies.