

HAYWOOD

REGIONAL MEDICAL CENTER

Calorie Boosters

Butter	<ul style="list-style-type: none">• Add it to everything: vegetables, potatoes, pasta, oatmeal etc.
Gravy	<ul style="list-style-type: none">• Put it on mashed potatoes, meats, egg noodles and anything else.
Mayonnaise	<ul style="list-style-type: none">• Spread on sandwiches, use in meat dishes, add to dips
Cream Cheese	<ul style="list-style-type: none">• Spread on fruits and breads.
Sour Cream	<ul style="list-style-type: none">• Add to potatoes and pasta, use in meat dishes, mix into soups and casseroles.
Powdered Milk	<ul style="list-style-type: none">• Add 2-4 Tbsp. to 1-cup whole milk; add to cereals, puddings, and other hot foods.
Cheese	<ul style="list-style-type: none">• Melt on sandwiches, vegetables, and eggs. Have cheese and crackers for a snack!
Peanut Butter	<ul style="list-style-type: none">• Use on sandwiches and toast, spread on fruit, add to milkshakes.
Fruit	<ul style="list-style-type: none">• Make fruit smoothies using ice cream and whole milk, add to yogurt, dip in peanut butter or cream cheese.
Vegetables	<ul style="list-style-type: none">• Cut up vegetable sticks for dipping salad dressing.
Meat	<ul style="list-style-type: none">• Add meat to casseroles or other favorite foods like mashed potatoes; Eggs are good protein sources too (*children less than 1 year should not have egg whites)
Whole Milk	<ul style="list-style-type: none">• Use whole milk when cooking, add to eggs and cooked cereal, add chocolate or strawberry syrup to a glass of milk and drink as a snack!

What are some helpful tips for gaining weight?

- Eat small meals every three to four hours and snacks throughout the day to help you to consume more without feeling overly full.
- Avoid drinking water or other fluids 30 minutes before meals to prevent you from feeling full. Also, drink a reduced amount of liquids with your meals.
- Drink beverages that add calories, such as whole milk or cream, juice, shakes and smoothies, rather than water, tea, black coffee, and diet beverages that contain no calories.
- Add condiments or 'extras' whenever you can. Top your food with dried fruit, chopped nuts or seeds, honey, bacon bits, cheeses, mayonnaise, and salad dressings. Prepare your food with extra virgin olive oil or coconut oil or butter to add calories. Try adding hummus or avocado to sandwiches or crackers/veggies.
- When eating cereal use whole milk, half and half and add powdered milk. You can also use alternative milks if you find you are sensitive to lactose (lactose intolerance). Do the same when making scrambled eggs, soups, gravies, casseroles, and desserts.
- Choose breaded meat, chicken, and fish. Choose higher fat meats such as chicken or turkey thighs and legs, pot roast, short ribs, salami, and sausage.
- Choose fruit canned in syrup rather than juice and tuna canned in oil rather than water.
- If you are vegetarian, vegan, or lactose-intolerant, use soy/almond/coconut or rice milks, nut or seed butters, tofu, olives, avocado, and vegetable oil to add calories.
- If you prefer not to cook, or want portable snacks, stock up on individual pudding, yogurt, or cottage cheese cups, string cheese, granola bars, vending packs of trail mix, beef sticks, nuts, sunflower seeds, juice boxes, and chocolate milk cartons.
- Commercial supplements such as meal replacement bars are also options.

Snack Ideas with 200 to 250 calories:

1/2 avocado on 1 slice toast	250
1 frozen waffle with 1 tbsp. butter and 1 tbsp. syrup	250
English muffin and 1 tbsp. nut butter	250
Zucchini or pumpkin bread slice and 2 oz. cream cheese or honey	250
1 egg baked in 1/2 avocado	250
Hummus (2 oz.) and serving of crackers	200

Snack Ideas with 300 to 400 calories:

6 oz. container sweetened yogurt and 1/2 cup granola	300
1/2 cup Greek yogurt with 1 tbsp. honey and 1 tbsp. nuts/seeds/dried fruit/chia or flax	300
1 sliced apple or banana with 2 tbsp. peanut butter and chocolate chips	300
3 chocolate chip cookies and 1 cup chocolate milk	300
Plain bagel and 2 tbsp. cream cheese	300- 400
1 envelope instant oatmeal cooked with 1/2 cup 2% milk, topped with 1 tbsp. brown sugar, 1 tbsp. butter, and 1 tbsp. raisins	350

Snack Ideas with 500 to 700 calories:

1/2 cup tuna or egg salad sandwich and 1 cup 2% milk	600- 700
1/2 cup trail mix and 8 oz. juice	520
2 tbsp. peanut or almond butter, 1 banana, 1 cup chocolate milk, and 1 scoop protein powder (blended shake)	650
Grilled cheese sandwich or quesadilla: 2 slices bread or tortilla, 2 slices cheese, and 2 tbsp. butter	650
Snack wrap: 1 tortilla, 2 slices ham, 2 slices cheese, 1 tbsp. mayo, and 1 cup choc. milk	700
Pita bread spread with 1/4 cup hummus, stuffed with sliced avocado, olives, tomatoes, and 1 cup chocolate soy milk	500- 600
Large bakery blueberry muffin and 1 medium vanilla latte	500- 700

