

Easy Ways to Increase Calories

Meats

Cooked Meat: Add to salads, casseroles, soups, and omelets

Eggs: Mix into casseroles, meatloaf, baked goods, spreads, soups, and rice dishes. Cook and add to salads, and sandwiches. Add extra to french toast, pancakes, custard, and baked goods.

Egg Yolks: Add cooked egg yolks to hot cereal, macaroni and cheese, meat loaf, or casseroles.



Dairy

Cheese: Put on bread, toast, crackers, vegetables, pasta, or eggs. Add to salads, dips, or sandwiches. Mix into meatloaf, meatballs, soups, potatoes, or gravy. Melt on meat, potatoes, rice, pasta, vegetables, and cream sauce.

Cream Cheese: Put on toast, sandwiches, bagels, and baked goods. Use in dips, scrambled eggs, and baked goods.

Sour Cream: Put on vegetables and potatoes. Use in salads, casseroles, and guacamole.

Cream: Use on cereals or Jell-O. Use to make puddings, hot chocolate, milkshakes, casseroles, baked goods, soups, and sauces.

Dry Milk Powder: Add to soup, milk, hot cereal, casseroles, mashed potatoes, baked goods, and gravy

Whip Cream: Add to pie, fruit, pudding, and hot chocolate.

Instant Breakfast: Add to milk, milk shakes, yogurt, pudding, or hot cereal.



Fats

Butter or Margarine: Stir into soup, cooked vegetables, mashed potatoes, cooked cereal, eggs, pasta, and rice. Put on pancakes, waffles, french toast, bread, toast, and crackers

Mayonnaise: Put on sandwiches. Use in salads, deviled eggs, and vegetable dip.

Gravy: Put on meat, potatoes, pasta, vegetables, and in casseroles.

Peanut butter: Put on bread, bananas, apples and crackers. Stir into hot cereal, yogurt and pancake batter. Add to smoothies.

