

**Make every bite count ...**

# **How to increase your intake of calories**

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Increasing your intake of calories can help:

- promote weight gain
- prevent further weight loss

Name: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Dietetic assistant: \_\_\_\_\_

Phone number: \_\_\_\_\_ Extension: \_\_\_\_\_

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## Tips to increase your intake of calories

### Dried fruit

- Add to cereals, salads or desserts.
- Mix with peanuts or other nuts and seeds. Eat as a snack.

### Cream, homogenized or evaporated milk\*

- Add to coffee, tea or hot chocolate.
- Add to milkshakes, cereals and fresh fruit.
- Use to prepare cooked cereals, soups and sauces.
- Use cream instead of milk when cooking or baking.
- Drink homogenized milk.

### Desserts

- Use real whipped cream as a topping for desserts, hot chocolate and milkshakes.
- Sprinkle sugar on fresh fruit.
- Buy fruit canned in heavy syrups.
- Snack on ice cream.

### Granola

- Add to cereals and yogurt or eat as a snack.

### More ideas...

- Add 14% MF sour cream or mayonnaise to salads and sandwiches.
- Use 14% MF sour cream or mayonnaise in vegetable dips and mashed potatoes.
- Add gravy to potatoes and meats.
- Add butter, non-hydrogenated margarine, olive or canola oil to mashed potatoes, cream soups, cooked vegetables, pasta, bread, popcorn, hot cereals or crackers.
- Add jam and honey to breads, crackers and muffins.
- Add olives to pasta, pizza and salads.
- Add avocado slices to sandwiches or salads.
- Add cream cheese (not fat reduced) to sauces.

\* Regular dairy foods may be substituted with lactose-reduced or soy products.

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## Make every bite count

Here are a few ideas to help increase your intake of calories:

- ✓ Try having a small meal or snack every few hours instead of 3 large meals.
- ✓ Bring a snack when you go out that is easy to carry such as granola or energy bars or cookies.
- ✓ Keep easy to prepare foods on hand, such as frozen dinners, canned foods and eggs.
- ✓ Tired of cooking every day? Try making meals in big batches and freezing smaller portions to be used later.
- ✓ Include milk, rice beverage, soy beverage or evaporated milk with meals or snacks. Drink fluids at the end of a meal as they can fill you up.
- ✓ Try to eat more when your appetite is good.
- ✓ Avoid foods labelled "light", "calorie-reduced" or "low calorie" or those with artificial sweeteners.
- ✓ Avoid filling up on drinks that are low in calories such as coffee, tea and diet pop. Choose juice, milk, smoothies or milkshakes instead.

## Do I need to take a nutrition supplement?

There are products you can buy that can improve your calorie intake.

Your dietitian or dietetic assistant suggests that you use these products:

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## Recipes

For smoothie and drink recipes, put ingredients in a blender and blend until smooth.

### Cinnamon peach smoothie

- 1 cup diced peaches (fresh or frozen)
- ½ cup yogurt
- ½ cup homogenized milk or cream
- 1 bottle (237 mL) Boost Plus Calories -Vanilla
- ⅛ tsp cinnamon (more or less to taste)
- 1 tbsp honey



### Delicious fruit smoothie

- 1 cup frozen strawberries
- 1 banana
- ½ cup orange juice
- 1 cup yogurt

### Orange Freeze Drink

(1 serving)

- ½ cup orange juice
- 1 tbsp lemon juice
- 1 cup orange sherbet

### Fruit Magic

(1 serving)

- 1 cup sherbet, any flavour
- ½ cup gingerale
- 1 tbsp canola oil

### Mashed Potato Supreme

(1 serving)

To 1 scoop of mashed potatoes add:

- 1 to 2 tbsp sour cream
- 1 to 2 tbsp butter, olive oil or non-hydrogenated margarine
- 1 tbsp cream

### Hot Cereal

(1 serving)

To 1 bowl of hot cereal add:

- 1 to 2 tbsp of butter or non-hydrogenated margarine
- 1 to 2 tbsp of brown sugar
- pinch of cinnamon
- 2 tbsp cream

### Conversion:

1 cup = 250 ml, ¾ cup = 175 ml, ½ cup = 125 ml, ¼ cup = 60 ml  
 1 tbsp = 15 ml, 1 tsp = 5 ml