

## Suggestions to Increase Calories for Weight Gain

Eat small frequent meals and snacks throughout the day, even if you don't feel hungry. Think of your food as medicine and don't miss a dose. To add extra calories into your diet, try the suggestions in the table below:

<b>Butter, Oils and Margarine</b>	<ul style="list-style-type: none"> <li>• Add to soups, mashed and baked potatoes, hot cereals, grits, rice, noodles and cooked vegetables</li> <li>• Stir into sauces and gravies</li> <li>• Spread on bread before adding other desired spreads for sandwiches</li> </ul>
<b>Cheese</b>	<ul style="list-style-type: none"> <li>• Melt on top of casseroles, potatoes and vegetables</li> <li>• Add to omelets and sandwiches</li> </ul>
<b>Cream Cheese, Peanut Butter and Almond Butter</b>	<ul style="list-style-type: none"> <li>• Spread on breads, muffins, fruit slices and crackers</li> <li>• Add to vegetables</li> </ul>
<b>Whole Milk and Cream</b>	<ul style="list-style-type: none"> <li>• Use in soups, sauces, egg dishes, batters, puddings and custards</li> <li>• Use with hot or cold cereals</li> <li>• Mix with noodles, pasta, rice and mashed potatoes</li> <li>• Use whole milk or cream in recipes instead of low-fat or non-fat milk</li> </ul>
<b>Whipped Cream</b>	<ul style="list-style-type: none"> <li>• Put on desserts, gelatin, puddings, fruits, pancakes, waffles and hot chocolate</li> </ul>
<b>Sour Cream</b>	<ul style="list-style-type: none"> <li>• Add to soups, baked potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meat and fish</li> </ul>
<b>Salad Dressings and Mayonnaise</b>	<ul style="list-style-type: none"> <li>• Spread on sandwiches</li> <li>• Combine with meat, fish, egg, vegetable or pasta salads</li> </ul>
<b>Eggs</b>	<ul style="list-style-type: none"> <li>• Add chopped, hard-cooked eggs to salads and dressings, vegetables, and casseroles</li> <li>• Make a rich custard with eggs, milk and sugar</li> <li>• Add extra eggs or egg whites to puddings, quiches, omelets, pancake batter and french toast</li> </ul>
<b>Sugar, Jelly and Honey</b>	<ul style="list-style-type: none"> <li>• Add to bread, crackers, cereal, milk drinks, fruit and yogurt</li> <li>• Use as a glaze on meats or poultry</li> </ul>
<b>Granola, Nuts and Seeds</b>	<ul style="list-style-type: none"> <li>• Use in cookie, muffin and bread batters</li> <li>• Sprinkle on yogurt, ice cream, pudding and custard</li> <li>• Mix with dry fruits for a snack</li> </ul>
<b>Dried Fruits</b>	<ul style="list-style-type: none"> <li>• Add to breads, muffins, cookies, cakes, cereals and puddings</li> </ul>
<b>Avocado</b>	<ul style="list-style-type: none"> <li>• Add avocado slices to sandwiches or salads</li> <li>• Snack on guacamole or add it to a sandwich</li> </ul>
<b>Sauces and Gravies</b>	<ul style="list-style-type: none"> <li>• Put on vegetables, rice, noodles, pasta and meats</li> </ul>

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.