



Tips for Increasing Calories in Your Diet

- Do not skip meals.
- Add snacks between your meals and at bedtime.
- Keep foods and snacks that are easy to prepare or pre-packaged around the house.
- Make meal time pleasant by cooking with friends or preparing special dishes
- Plan meal times around energy levels- if you are most energetic in the morning, plan breakfast as your biggest meal.
- Try liquid supplements: supplements such as Ensure®, Boost®, Carnation Instant Breakfast®, or others pack in 250 calories per serving. The “Plus” versions of these products contain even more calories per serving. Most stores also carry their own brand, which will save you money!

Beverage Ideas:

- Make everything you eat/drink count. Use high calorie drinks over water; use peach, pear or papaya nectar, cranberry juice, orange juice, fruit punch, lemonade, Kool-Aid®, chocolate milk.
- If you have medications to take, take them with beverages that have calories in them such as milk, juice or even soda.
- Fortify milk: by adding dry milk powder – 1 cup powder to 1 quart milk.
- Add ice cream, Instant breakfast, protein powder, dry milk powder, or other flavored powders or syrups to whole milk (chocolate or strawberry, etc.).

Cooking and Meal Ideas:

- Use half and half, whole milk or evaporated milk, instead of low-fat or non-fat milk, for drinking and preparing cream soups, custards, puddings, and milkshakes.
- Make custards and puddings with eggs or egg substitute.
- Use margarine or butter often: on vegetables, rice, noodles and breads, in hot cereals, on sandwiches or crackers.
- Cook meats, fish, poultry or eggs in oil, margarine or butter; noodles and rice are good fried.
- Use mayonnaise whenever possible - put it on both sides of your bread for sandwiches.
- Add jam, jellies, Nutella®, and honey to bread, toast or rolls.
- Use lots of margarine, butter or nut butters (peanut butter, almond butter, cashew butter, etc) and syrup on pancakes, waffles and French toast.
- Brown or white sugar and honey are great on cereals.
- Choose fruits in heavy syrup.
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Cooking and Meal Ideas (continued):

- Use liberal amounts of peanut butter, whole milk cheeses, cottage cheese or cream cheese on breads, bagels or rolls.
- Use regular yogurt instead of low or non-fat.
- Add hard cooked eggs to vegetables and casseroles.
- Nuts and sunflower seeds provide calories and protein; eat as a snack or add them to salads, cookies, muffins, and hot cereal

Examples of Ready-Made Nutritional Supplements*

Milk-Based Products:
Carnation® Instant breakfast™ or store equivalent
Scandishake®/ScandiCal® http://www.axcan.com/us_scandishake.php?lang=1
Nutra-Shake® www.nutra-balance-products.com
Egg Nog
Kefir (fermented milk drink)
Lactose-Free Products:
Ensure®/Ensure Plus®
Boost®/Boost Plus®
Boost® or Ensure® Puddings
Many stores also have store brand equivalents of these products

*Examples only; other products also available. UVAHS does not endorse one product or brand

High Protein and Calorie Shakes

Calorie and protein amounts are per serving.

Milk-Based Shakes (You can substitute any of the following in place of milk: liquid nutritional supplements, soymilk, tofu, Lactaid® milk, or non-dairy creamers).

KEY LIME DELIGHT SHAKE

2 cups vanilla yogurt
6 oz key lime yogurt
2 ripe bananas
1/3 cup milk (or substitute)

Put all ingredients into a blender and blend until smooth. Makes 2 servings.
360 calories, 12 gm protein

HIGH PROTEIN/HIGH ENERGY SHAKE

1/2 cup milk (or substitute)
1 package instant breakfast
1/4 cup egg substitute
1/2 cup ice cream

Put all ingredients into a blender and blend until smooth.
470 calories, 22 gm protein

MILKSHAKE

$\frac{3}{4}$ cup milk (or substitute)
1 cup ice cream

Put all ingredients into a blender and blend until smooth.

360 calories, 10 gm protein.

Flavoring ideas:

- 1 to 2 Tbsp chocolate or strawberry syrup
- $\frac{1}{2}$ mashed banana
- $\frac{1}{4}$ to $\frac{1}{2}$ cup fresh or frozen strawberries

NANA-PEANUT SHAKE

$\frac{1}{2}$ cup milk (or substitute)
1 banana
 $2\frac{1}{2}$ Tbsp peanut butter
1 cup vanilla ice cream

Place milk in blender container. Add banana, peanut butter and ice cream. Cover; blend on high for one minute or until thick and smooth. Makes 2 servings. *330 calories, 10*

SHERBET SHAKE

$\frac{3}{4}$ cup milk (or substitute)
1 cup sherbet, any flavor

Put ingredients into blender and blend until smooth.

*360 calories, 8 gm protein
(when made with 2% milk)*

JUICE SHAKE

$\frac{3}{4}$ cup pineapple juice (or other juices)
 $\frac{1}{4}$ cup egg substitute (optional)
1- $\frac{1}{2}$ cups vanilla ice cream

Put all ingredients into a blender and blend until smooth. *630 calories, 13 gm protein*

THE SUPER SHAKE

1 can Ensure® Plus/Boost® Plus or equivalent
1 cup whole milk
 $\frac{1}{2}$ cup ice cream

Put all ingredients into a blender and blend until smooth. Makes 2 servings.
370 calories, 14g protein

BREAKFAST SHAKE

6 oz. can frozen concentrated orange juice
 $\frac{1}{4}$ cup cold water
1 cup ice cubes
1 carton (8 oz.) plain yogurt

Combine all ingredients except ice cubes in blender, blend until frothy. With mixture still running, drop in ice cubes one at a time. Makes 2 servings.
240 calories, 8 gm protein

MALTED MILKSHAKE

$\frac{1}{2}$ cup milk (or substitute)
1 Tbsp malted milk powder
 $\frac{1}{2}$ cup half and half
1 package instant breakfast
2 cups ice cream
2 Tbsp Ovaltine®

Put all ingredients into a blender and blend until smooth. Makes 2 servings.

HIGH PROTEIN MILK

1 quart low fat milk
1 cup nonfat dried milk powder

Blenderize ingredients until powdered milk dissolves. Refrigerate.

STRAWBERRY CHEESECAKE SHAKE

(not sweet)
6 to 7 strawberries $\frac{1}{2}$ cup cold milk
 $\frac{1}{2}$ cup cottage cheese Honey to taste

Combine all ingredients in blender until smooth. *270 calories, 18 gm protein*

Pudding

CHOCOLATE PEANUT BUTTER PUDDING

2 cups chocolate pudding
½ cup peanut butter
2 ½ Tbsp nonfat dry milk
1/3 cup milk (or substitute)

Milk ingredients together well in a bowl.
Refrigerate.

Fruit Drinks

HIGH PROTEIN FRUIT DRINK

8oz Resource® Breeze®*
½ cup sherbert
6 oz ginger-ale

Combine all ingredients in blender until
smooth.

FROZEN FRUIT SLUSH

6 oz can frozen fruit juice
4 Tbsp sugar
3 cups crushed ice

Combine all ingredients in blender and mix
until slushy.

STRAWBERRY-BANANA FRAPPE

(not sweet)
1 cup milk (or substitute)
2 bananas
1 carton (8 oz.) strawberry yogurt
1 Tbsp lemon juice

Combine all ingredients in blender. Makes 2
servings. *275 calories, 9 gm protein*