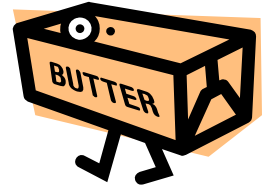


# How to Increase Calories

## Butter & Margarine

- Add to soups, mashed and baked potatoes, hot cereals, grits, rice, noodles, and cooked vegetables.
- Stir into cream soups, sauces, and gravies.
- Combine with herbs and seasonings, and spread on cooked meats, hamburgers, and fish and egg dishes.
- Use melted butter or margarine as a dip for seafood and raw vegetables, such as shrimp, scallops, crab, and lobster.



## Whipped Cream

- Use sweetened on hot chocolate, desserts, gelatin, puddings, fruits, pancakes and waffles.
- Fold unsweetened into mashed potatoes or vegetable purees.

## Milk & Cream

- Use in cream soups, sauces, egg dishes, batters, puddings, and custards.
- Put on hot or cold cereal.
- Mix with noodles, pasta, rice, and mashed potatoes.
- Pour on chicken and fish while baking.
- Use as a binder in hamburgers, meatloaf, and croquettes.
- Use whole milk instead of low fat.
- Use cream instead of milk in recipes.
- Make hot chocolate with cream add marshmallows.



## Cheese

- Melt on top of casseroles, potatoes, and vegetables.
- Add to omelets.
- Add to sandwiches.

## Cream Cheese

- Spread on breads, muffins, fruit slices, and crackers.
- Add to vegetables.
- Roll into balls and coat with chopped nuts, wheat germ, or granola.

## Sour Cream

- Add to cream soups, baked potatoes, macaroni & cheese, vegetable sauces, salad dressings, stews, baked meat and fish.
- Use as a topping for cakes, fruit, gelatin desserts, breads and muffins.
- Use as a dip for fresh fruits and vegetables.

- For a good dessert, scoop it on fresh fruit, add brown sugar, and refrigerate until cold before eating.

### **Salad Dressings and Mayonnaise**

- Use with sandwiches.
- Combine with meat, fish, and egg or vegetable salads.
- Use as a binder in croquettes.
- Use in sauces and gelatin dishes.

### **Honey, Jam & Sugar**

- Add to bread, cereal, milk drinks, and fruit and yogurt desserts.
- Use as a glaze for meats, such as chicken.

### **Granola**

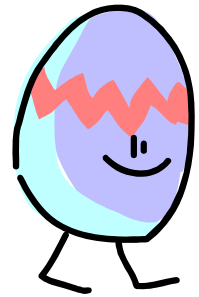
- Use in cookie, muffin, and bread batters.
- Sprinkle on vegetables, yogurt, ice cream, pudding, custard and fruit.
- Layer with fruits and bake.
- Mix with dry fruits and nuts for a snack.
- Substitute for bread or rice in pudding recipes.

### **Dried Fruits (raisins, prunes, apricots, dates, figs)**

- Try cooking dried fruits; serve for breakfast or as a dessert or snack.
- Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, pudding, and stuffing.
- Bake in pies and turnovers.
- Combine with cooked vegetables, such as carrots, sweet potatoes, yams, and acorn and buttermilk squash.
- Combine with nuts or granola for snacks.

### **Eggs**

- Add chopped, hard-cooked eggs to salads and dressings, vegetables, casseroles and creamed meats.
- Make a rich custard with eggs, milk, and sugar.
- Add extra hard-cooked yolks to deviled-egg filling and sandwich spread.
- Beat eggs into mashed potatoes, vegetable purees, and sauces. (Be sure to keep cooking these dishes after adding the eggs because raw eggs may contain harmful bacteria.)
- Add extra eggs or egg whites to custards, puddings, quiches, scrambled eggs, omelets, and to pancake and French toast batter before cooking.



### **Food Preparation**

- Bread meat and vegetables.
- If tolerated, sauté and fry foods when possible, because these methods add more calories than do baking or broiling.
- Add sauces or gravies.



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