



## **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: Ensure®, Boost®, or Carnation Instant Breakfast® pack in 250 calories per serving. The “plus” versions of these products contain even more calories per serving. Most stores 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 eggbeaters.
- 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.
- 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.

## Ready-Made Supplements

Milk-Based Products:	Lactose-Free Products (see price comparison guide):
<b>Instant breakfast®</b> <a href="http://www.carnationbreakfastessentials.com">http://www.carnationbreakfastessentials.com</a>	<b>Ensure/Ensure Plus®</b>
<b>Scandishake/ScandiCal®</b> <a href="http://www.axcan.com/us_scandical.php">http://www.axcan.com/us_scandical.php</a>	<b>Boost/Boost Plus®</b>
<b>Nutra-Shake®</b> <a href="http://www.nutra-balance-products.com">www.nutra-balance-products.com</a>	<b>Boost® or Ensure® Puddings</b>
<b>Egg Nog</b>	<b>Generic brand</b>
<b>Kefir (fermented milk drink)</b>	

## 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: Ensure®, Osmolite 1.5®, soy milk, tofu, Lactaid® milk, or non-dairy creamers).

### **MILKSHAKE**

¾ 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
- ½ mashed banana
- ¼ to ½ cup fresh or frozen strawberries
- 1 to 2 Tbsp peanut butter

### **HIGH PROTEIN/HIGH ENERGY SHAKE**

½ cup milk (or substitute)  
1 package instant breakfast  
¼ cup egg substitute  
½ cup ice cream

Put all ingredients into a blender and blend until smooth.

*470 calories, 22 gm protein*

### **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*

### **BREAKFAST SHAKE**

6 oz. can frozen concentrated orange juice  
¼ 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.

*360 calories, 12 gm protein*

### **SHERBET SHAKE**

¾ 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**

¾ cup pineapple juice (or other juices)  
¼ cup egg substitute (optional)  
1-½ 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/Boost Plus  
1 cup whole milk  
½ cup ice cream

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

### **STRAWBERRY CHEESECAKE SHAKE**

(not sweet)

6 to 7 strawberries      ½ cup cold milk  
½ 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 TB nonfat dry milk  
1/3 cup milk (or substitute)

Milk ingredients together well in a bowl.  
Refrigerate.

### **Juice-based Drinks**

#### **HIGH PROTEIN FRUIT DRINK**

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

Combine all ingredients in blender until smooth.

#### **NANA-PEANUT SHAKE**

½ cup milk (or substitute)  
1 banana  
2½ TB 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 gm protein*

#### **MALTED MILKSHAKE**

½ cup milk (or substitute)  
1 TB malted milk powder  
½ cup half and half  
1 package carnation 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-BANANA FRAPPE**

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

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

#### **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.