

BOOSTING CALORIES AND PROTEIN

When your appetite is poor or when it is difficult to eat, it is important to concentrate calories and protein in smaller or more frequent meals to ensure adequate nutrition. It is helpful to try other ideas for improving appetite such as resting before meals, listening to soft music while eating, eating with others, and remembering to eat often during the day and at bedtime.

| | |
|-------------------------------------|---|
| Milk and Cheese | Prepare pudding and hot cereals using a whole milk. Add milk and cheese to soups and ream sauces. Melt cheese on sandwiches, meats, and vegetables. Add 1 tablespoon on nonfat dry milk powder to 1 cup of while milk and use in casseroles, cream soups, mashed potatoes and milk shakes. |
| Meats, Eggs, Dried Beans and Peas | Add chopped cooked meat, hard-cooked eggs, or dried cooked beans to salads, casseroles, soups, and vegetables. Bread meats or dredge in flour before cooking. Add sauces and gravies. |
| Dried Fruits and Granola | Add to cookies, breads, muffins, pancakes and waffles. Sprinkle on fruit, cereal, ice cream, yogurt, salads, and pasta. |
| Peanut Butter | Spread on toast, muffins, crackers, pancakes, waffles, fruits and vegetable slices. |
| Nutritional Supplements | Use products such as <i>Carnation Instant Breakfast</i> , <i>Pediasure</i> , <i>Kindercal</i> . Mix with ice cream, milk, or fruit to make milk shakes. Do the best you can with solid food at meal time, then sip on a nutrient-dense beverage <u>between</u> meals. |
| Butter, Margarine, and Cream Sauces | Add to soups, mashed potatoes, hot cereals, rice, noodles and cooked vegetables. |
| Whipped Cream | Use on hot chocolate, gelatin, pudding and fruits. |
| Cream Cheese | Spread on breads, muffins, fruit slices, and crackers |
| Salad Dressings | Use on salads and sandwiches |
| Honey, Jam, Sugar | Add to bread, cereal, fruit and yogurt |
| Frozen Fruit Juices | Use less water than called for when making frozen fruit juices. Use instead of water when making gelatin salads. |
| Beverages | Drink fruit juices, milk or nutritional supplements instead of water. |

QUICK AND EASY SNACKS

Bagels with Cream Cheese

Cake and Cookies

Cream soups

Fruit Juices

Instant breakfast

Puddings and Custards

Cheese and cottage Cheese

Dried fruits and granola

Ice cream and milk shakes

Peanut butter and crackers

Cheese and crackers

Yogurt