

## NUTRITION FOR HEALTH: TIPS FOR MEETING HIGH ENERGY NEEDS

These tips may be helpful if you are losing weight without trying or need more calories for health or healing. They are designed to provide you with foods that are higher in calories. High calorie foods will provide you with more energy for your daily activities and will help you reach a healthy weight.

### What to Do?

- Try to eat or drink every 2 to 3 hours, even a bite or two.
- Eat larger meals and snacks if you can.
- Drink juice, milk or milkshakes instead of low calorie fluids like tea or coffee.
- Take your pills with juice, milk, or milkshakes instead of water.
- Eat high calorie desserts like ice cream, cakes, pies, cookies and sweets.
- Do not use foods that are labeled “light”, “lite”, “calorie-reduced”, or “low calorie”.
- Try supplements such as Carnation Breakfast Anytime™, Boost™, Ensure™, or a store-brand product.



### Ways to Add Calories:

- Add **margarine/butter** on potatoes, hot cereal, rice, noodles and vegetables.
- Add **sour cream** to cooked potatoes, rice, pasta or vegetables or use as a dip.
- Serve **whipped cream** on fruit, ice cream, pudding, hot cocoa, and desserts.
- Spread **mayonnaise** on sandwiches or use in meat, fish or egg salad.
- Add **gravies** and **sauces** to any foods you like.



- Use **half-and-half cream** (10% or 18% fat) in place of milk or water in soups, sauces, cereals, puddings, and hot chocolate.
- Add **brown sugar, honey** or **syrup** to cereals, fruit, ice cream or puddings.
- Spread **cream cheese** on fruit slices, vegetables, bread, toast or crackers.
- Use **canola** or **olive oil** to fry vegetables, fish, poultry, meats or eggs. Use extra oil in cooking or baking.



## Snack Ideas:

- Muffin, scone, bagel, crackers or toast with margarine/butter, peanut butter or cream cheese
- Meat and cheese sandwich on whole grain bread with margarine/butter and mayonnaise
- Nacho chips or potato chips with dip, cheese sauce, salsa or guacamole
- Fruit crisp, pie, cobbler or cake topped with ice cream or whipped cream
- Pudding or custard made with milk or cream and topped with whipped cream
- Yogurt booster or other shakes (see recipes on next page)
- Ice cream, floats, sundaes or frozen fruit juice bars
- Cottage cheese or yogurt topped with fruit
- Hot chocolate made with cream or milk
- Cheese with crackers or fruit
- Cereal with milk or cream
- Vegetables with dip
- Dried fruit, nuts or trail mix
- Boiled egg



Date: \_\_\_\_\_

Registered Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

# RECIPES

## Yogurt Booster

Yogurt, plain or flavored	175 ml (¾ cup)
Skim milk powder	30 ml (2 Tbsp)
Honey	15 ml (1 Tbsp)
Ripe Banana	1
Fruit juice	125 ml (½ cup)

Place all ingredients into a blender. Blend until smooth.  
Makes 1 serving. *390 calories* (per serving)

## Super Duper Milkshake

Whipping cream (35% M.F.)	125ml (½ cup)
Ice cream	125 ml (½ cup)
Skim milk powder	45 ml (3 Tbsp)

Combine all ingredients in a blender. Blend until smooth.  
Makes 1 serving. *600 calories* (per serving)

## Sherbet Frost

Sherbet (orange, lime or raspberry)	125 ml (½ cup)
Yogurt	250 ml (1 cup)
Honey	15 ml (1 Tbsp)
Ground nutmeg (optional)	Dash
Ground ginger (optional)	Dash

Blend all ingredients thoroughly using a blender.  
Makes 1 serving. *319 calories* (per serving)