

## Food Choices for Increasing Your Calorie Intake

Sometimes you need to eat more calories to improve your health. You can increase your calories by eating more of the foods you normally eat. You can do this by eating larger portions or by eating more often. You can also eat more high calorie foods. High calorie foods are high in fat or sugar or both. Some fats are not healthy for you, especially if you have certain health conditions, such as heart disease or diabetes. Eating extra sugar may not be a good choice for some people either. Talk to a dietitian who can help you decide which high calorie foods are best for you.

Here are some suggestions on how to increase calorie intake. Find the suggestions that work best for you.

- Eat or drink frequently. Try to eat or drink every two to three hours.
- Eat larger meals and snacks if you can.
- Choose high calorie foods as part of every meal and snack.
- Choose juice, milk or milkshakes instead of low-calorie fluids like water, tea, broth or coffee.
- Try high calorie milk. Add  $\frac{1}{4}$  cup (4 tbsp) of powdered milk to 1 glass of whole milk.
- Drink fluids at the end of meals or snacks. Fluids can fill you up.
- Mix high calorie foods together for a high energy trail mix. Try mixing together dried fruit, nuts, seeds and granola.
- Use energy bars and meal replacement drinks when traveling. Eat or drink these foods as part of your meals or snacks.
- Eat high calorie desserts like ice cream, cakes, pies, cookies and sweets.
- Choose soft drinks, candy, high fat chips and alcohol less often. These foods and beverages do have a lot of calories, but are low in vitamins and minerals.
- Avoid reduced-sugar and reduced-fat foods such as foods labelled “light”, “low fat”, “fat free” or “sugar-free”.

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Here are some other suggestions based on food groups.

Food Group	Suggestions
<b>Vegetables and Fruit</b>	<ul style="list-style-type: none"> <li>• Choose vegetables in sauces.</li> <li>• Add non-hydrogenated margarine, oil or butter to vegetables.</li> <li>• Use avocado for sandwiches, salads and dips.</li> <li>• Choose canned fruit packed in heavy syrup.</li> <li>• Eat dried fruit for snacks.</li> <li>• Add dried fruit to cookie, cake, and muffin batters.</li> </ul>
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>• Add extra non-hydrogenated margarine or butter to toast, bread and crackers.</li> <li>• Use jam, jelly, molasses, honey or cinnamon sugar on toast or bread.</li> <li>• Choose high calorie cereal, like granola.</li> <li>• Add granola or wheat germ to foods such as yogurt, ice cream and pudding.</li> </ul>
<b>Meat and Alternatives</b>	<ul style="list-style-type: none"> <li>• Eat meat or alternatives with all meals and snacks. Try adding meat, poultry, fish (including canned tuna or salmon), baked beans, eggs or deli meats.</li> <li>• Add gravy or sauces to meat, chicken and fish.</li> <li>• Use jelly or syrup as a glaze for meat, chicken or fish.</li> <li>• Snack on nuts and seeds.</li> <li>• Add nuts and seeds to ice cream, pudding, muffins or cookies, salads and pasta sauces.</li> <li>• Spread peanut butter or other nut butters on toast, sandwiches or crackers. Blend it into milkshakes. Swirl peanut butter into ice cream, yogurt or hot cereal. Use it as a dip for vegetables or fruits.</li> </ul> <p><b>Note:</b> Nuts are not a good choice for people who are at risk of choking.</p>
<b>Milk and Alternatives</b>	<ul style="list-style-type: none"> <li>• Use half and half milk, cream or evaporated milk in place of milk or water in soups, sauces, batters, cocoa, custards, pudding, shakes, mashed potatoes, casseroles or cooked cereals. Use on cold cereals.</li> <li>• Drink whole milk and use whole milk products (yogurt, sour cream, cheese). Use fluid milk instead of water in recipes which include water.</li> <li>• Serve whipped cream on fruit, ice cream, pudding, gelatin, hot cocoa or other desserts. Add to pancakes, waffles or French toast batter.</li> </ul>

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Food Group	Suggestions
<b>Milk and Alternatives (con't)</b>	<ul style="list-style-type: none"> <li>• Use powdered milk in addition to the milk already in your diet. Add powdered milk to fluid milk or to milkshakes, puddings, custards, smoothies or other recipes. Add powdered milk to cereals, potatoes, cream soups, gravies, sauces, pudding, scrambled eggs, casseroles or even meat loaf. Powdered milk can also be added to recipes for foods such as cookies, cakes and muffins.</li> <li>• Choose cream soups.</li> </ul>
<b>Other Foods</b>	<ul style="list-style-type: none"> <li>• Add non-hydrogenated margarine or butter to potatoes, hot cereal, grits, rice, noodles and cooked vegetables. Stir into soups, baby foods, casseroles or sauces. Spread freely on breads, sandwiches, toast, crackers or rolls. Mix with herbs and spread on meats, poultry or fish.</li> <li>• Add extra oil to stir-fry vegetables or meat. Add oil to soups, hot cereal, shakes and smoothies.</li> <li>• Add sour cream to any style of cooked potatoes, rice, pasta or vegetables. Use as a dip for raw vegetables or fruits. Mix into soups, bread, muffin batter, casseroles, sauces and salads/salad dressings. (Do not use the low fat or fat-free versions).</li> <li>• Spread mayonnaise on sandwiches or crackers. Use in meat, fish, gelatin or vegetable salads. Add to dips, salad dressings or sauces. Use to make deviled eggs.</li> <li>• Add or spread cream cheese on fruit slices, raw vegetables, bread, toast or crackers. Spread on slices of sausage or luncheon meat and roll as a snack. Cook into scrambled eggs. Use flavoured cream cheeses to add variety.</li> <li>• Add sugar, honey, molasses or maple syrup to hot or cold cereals, fruit, ice cream or puddings. Use as a glaze on meats or vegetables.</li> </ul>

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