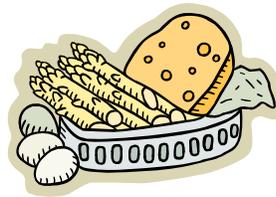
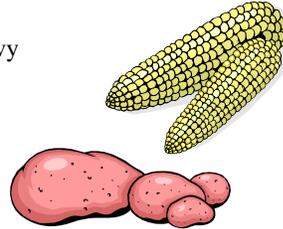


HIGH CALORIE DIET

1. Eat Regularly- 3 meals a day.
2. Include high calorie foods in your meals such as:
 - Potatoes, corn, rice, noodles: use lots of margarine or gravy
 - Dried beans (pinto, kidney, navy)
 - Avocado, cheese or egg in salads
 - Toast with jelly and margarine or peanut butter
 - Pudding or custard made with milk
 - Cream soups made with all milk
 - Whole milk
3. Fortify foods with dry milk powder.
 - In hot cereal, add equal amounts of powdered milk and dry cereal to the boiling water stir well; cook as usual
 - Add: mashed potatoes, meat loaf, cream soup, casseroles, gravy, puddings, refried beans, cookie batter, milk drinks
 - For tortillas, use 4-6 Tbsp. Powdered milk with each cup of liquid.
4. Eat at least 2 snacks each day, especially one at bedtime. Plan your snacks so you don't spoil your appetite for the next meal. Good examples of high calorie snacks are:
 - Cheese and crackers or peanut butter and crackers
 - Peanut butter on cheese spread on celery
 - Fruit juices
 - Nuts
 - Ice cream
 - Cocoa made with evaporated milk
 - Prunes and raisins (can be mixed with nuts)
 - Cereal
 - Peanut butter sandwich
 - Granola bars
 - Instant breakfast
 - Liverwurst on crackers
 - Milkshake- recipe (over 500 calories):
 - 2-3 scoops of ice cream
 - ¼ cup whole milk
 - 1/3 cup powdered milk
 - 1-2 tablespoons vegetable oil
 - 1-2 tablespoons sugar or honey
 - Flavoring (cocoa mix or chocolate syrup, banana, canned peaches, or frozen Fruit)
5. If you smoke, try to cut down. Avoid smoking before meals so food will taste better.
6. Before leaving the table after meals, eat “ just a few more bites.” Calories add up!
7. Don't rely on “junk” foods (pop, chips, and sweets) to put on weight. You need nutrients as well as calories to add pounds.



Nov 12