

FOOD TIPS

When You Need To Eat More.....

Eat More Often

(1) Eat something every hour or two

(2) Keep snacks handy:

nuts	pudding cups
cheese	yogurt
snack mixes	ice cream
granola	cookies
dried fruit	

Make Drinks Count

Try:

milk, shakes
hot chocolate
pasteurized eggnog,
nectar, fruit or
vegetable juice

Instead Of:

tea, coffee,
diet soda,
water

Pack More Calories Into Your Food

Add:

dried fruit or nuts,
honey, jam, sugar
cream, half and half

butter, margarine,
sour cream

bacon, avocado,
olives, mayonnaise

cream or sour cream

cream cheese

To:

hot or cold cereal

vegetables, cooked
cereal, potatoes,
noodles, or rice

sandwiches, salads,
or casseroles

soups, fruits, or
puddings

fruit, crackers

Pack More Protein into your food

Add:

peanut butter

extra chopped meat,
shredded cheese,
hard cooked eggs, egg
substitute

dry milk powder

To:

sauces,
shakes, toast,
crackers, waffles,
or celery

soups, sauces,
salads, and
casseroles

regular milk,
scrambled eggs,
soups, gravies, or
desserts

Perk Up A Poor Appetite

(1) Eat with friends, listen to your favorite music while you eat

(2) Add more flavor to your food with:

spices and herbs
mustard
barbecue

lemon wedges
catsup
hot sauce

Talk To A registered Dietitian

Registered dietitians can help you to choose tasty foods that will meet your health needs. To find a registered dietitian, ask your doctor, or call your local hospital, state or local dietetic association, or the National Center for Nutrition and Dietetics of The American Dietetic Association and its Foundation.