

High- Protein Foods

Milk Products	<ul style="list-style-type: none"> • Eat cheese on toast or with crackers • Add grated cheddar cheese to baked potatoes, vegetables, soups, noodles, meat, and fruit. • Use milk for cooking in place of water for cereal and cream soups. • Include cream sauces on vegetables and pasta. • Add powdered milk to cream soups and mashed potatoes.
Eggs	<ul style="list-style-type: none"> • Keep hard-cooked eggs in the refrigerator. Chop and add to salads, casseroles, soups, and vegetables. • Make a quick egg salad. • All eggs should be well cooked to avoid the risk of harmful bacteria.
Meats, Poultry, and Fish	<ul style="list-style-type: none"> • Add leftover cooked meats to soups, casseroles, salads, and omelets. • Mix diced and flaked meat with sour cream and spices to make dip.
Beans, Legumes, Nuts, and Seeds	<ul style="list-style-type: none"> • Sprinkle seeds on desserts such as fruit, ice cream, pudding and custard. Also, serve on vegetables, salads, and pasta. • Spread peanut butter on toast and fruit, or blend in a milkshake.
<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <h2 style="margin: 0;">High- Calorie Foods</h2> </div>	
Butter and Margarine	<ul style="list-style-type: none"> • Melt over potatoes, rice, pasta, and cooked vegetables. • Stir melted butter or margarine into soups and casseroles. • Spread on sandwich bread before spreading sandwich spreading or peanut butter.
Milk Products	<ul style="list-style-type: none"> • Add whipping cream to desserts, pancakes, waffles, fruit, and hot chocolate. • Fold into soups and casseroles. • Add sour cream to baked potatoes and vegetables.
Salad Dressings	<ul style="list-style-type: none"> • Use regular (not low-fat or diet) mayonnaise and salad dressing on sandwiches and in vegetable and fruit dip.
Sweets	<ul style="list-style-type: none"> • Add jelly and honey to bread and cracker. • Add jam to fruit and ice-cream and as a topping over cake.

The American Dietetic Association

Pack More Calories Into Your Food by Adding:

- Nuts, dried fruits, honey, jam, sugar, cream, and/or half-and-half to hot or cold cereal
- Butter, margarine, or sour cream to vegetables, cooked cereal, potatoes, noodles, or rice
- Bacon, avocado, olives, mayonnaise to sandwiches, salads, or casseroles
- Cream or sour cream to soups, fruits, or puddings
- Cream cheese to fruit, crackers

Pack More Protein Into Your Food by Adding:

- Peanut butter to sauces, shakes, toast, crackers, waffles, or celery
- Extra chopped meat, shredded cheese, hard cooked eggs, egg substitute to soups, sauces, salads, and casseroles
- Dry milk powder to regular milk, scrambled eggs, soups, gravies, or desserts

Make Your Drinks Count

Try:

- Milk
- Shakes
- Hot chocolate
- Pasteurized eggnog
- Nectar
- Fruit or vegetable juice

Instead of:

- Tea
- Coffee
- Diet soda
- Water

Talk to a Registered Dietitian

Registered dietitians can help you choose tasty foods that will meet your health needs. To find a registered dietitian: ask your doctor, or call any of the following:

- Your local hospital
- Your local or state dietetic association
- The National Center for Nutrition and Dietetics of
- The American Dietetic Association and its Foundation.