



Eating Tips When You Need to Eat More

EAT MORE OFTEN (MINI-MEALS)

- Try to eat something every two hours while awake.
- Eating several small “meals” helps keep calories up.
 - Hardy snacks that give good calories can be a big boost
Nuts, Cheese and crackers, cheese sticks, snack mixes, dried fruit, pudding cups, yogurt, ice cream, peanut butter and apples, toast or crackers.

MAKE DRINKS COUNT

- Focus on drinking beverages that contain calories first.
 - Milk, Milk shakes, hot chocolate, eggnog, nectar, fruit or vegetable juices, regular pop.
- Limit calorie free beverages; such as, tea, coffee, diet pop, & water

PACK MORE CALORIES INTO YOUR FOOD

- Add dried fruit or nuts, honey, jam, sugar, cream, half & half, butter, margarine, sour cream, bacon, avocado, olives, mayonnaise, cream, or cream cheese to cereals, vegetables, sandwiches etc.

PACK MORE PROTEIN INTO YOUR FOOD

- Add peanut butter, chopped meats, shredded cheese, hard cooked eggs, egg substitute or dry milk powder to soups, sauces, vegetables, salads, & casseroles to enhance taste and increase protein per portion.

PERK UP A POOR APPETITE

- Eat with friends, listen to your favorite music while you eat.
- Add more flavor to your food with spices, herbs, mustard, barbeque sauces, lemon wedges, or other condiments that appeal to you.

CONSIDER SUPPLEMENTS BETWEEN MEALS

- Carnation Instant Breakfast can be a good addition between meals to help with added calories.
- Other supplements are also available, such as Ensure, Ensure Plus, Boost, etc. Find one that appeals to your taste buds and try to drink it one or two times a day.
- You can also fortify milk by adding a couple tablespoons of dry milk solids to milk prior to drinking or use in recipes.