Sample Calorie Boosters

Breakfast:
- 1 cup dry cereal
- 1 slice toast with butter
- ½ cup fruit pieces
- 1 scrambled egg
- 8 ounces Super-Strength milk

Snack:
- 2 tablespoons peanut butter
- 6 crackers
- Banana

Lunch:
- 4 ounces tuna or chicken salad
- 2 slices whole wheat bread
- Lettuce/tomato
- 1 apple
- 1 cup pudding
- 8 ounces Super-Strength milk

Snack:
- ½ cup yogurt
- ½ cup blueberries

Supper:
- Baked chicken breast
- ½ cup rice with gravy
- ½ cup broccoli with cheese sauce
- 8 ounces Super-Strength milk

Snack:
- ½–1 cup high calorie, homemade milkshake

Tips To Help With Eating & Weight Gain Problems:

- Eat 3 meals and 3 snacks daily
- Add butter, margarine or oil to all bread, potatoes, and vegetables.
- Use mayonnaise, salad dressing and peanut butter freely.
High Calorie Milkshake Recipes And Ideas:
An option for getting extra calories is making high calorie milkshakes with basic kitchen ingredients using a blender or a spoon.

Step One:
Begin by adding one cup (eight ounces) of a “milk base” to the blender container.

<table>
<thead>
<tr>
<th>Milk Base</th>
<th>Calories per Cup (eight ounces)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced fat milk (2%)</td>
<td>120</td>
</tr>
<tr>
<td>Low fat milk (1%)</td>
<td>100</td>
</tr>
<tr>
<td>Non-fat/skim milk</td>
<td>85</td>
</tr>
<tr>
<td>Soy milk</td>
<td>80–130</td>
</tr>
<tr>
<td>Super-Strength milk (2%)</td>
<td>240</td>
</tr>
</tbody>
</table>

Step Two:
Add any combination of the following calorie boosters to make a high calorie & tasty milkshake:

<table>
<thead>
<tr>
<th>Calorie Boosters</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut butter (1 tbsp)</td>
<td>85</td>
</tr>
<tr>
<td>Vanilla ice cream (½ cup)</td>
<td>130</td>
</tr>
<tr>
<td>Banana (½ medium)</td>
<td>60</td>
</tr>
<tr>
<td>Blueberries (½ cup)</td>
<td>40</td>
</tr>
<tr>
<td>Mixed frozen, canned or fresh fruit (½ cup)</td>
<td>60</td>
</tr>
<tr>
<td>Dry milk powder (1 tbsp)</td>
<td>30</td>
</tr>
<tr>
<td>Powdered “instant breakfast” drink mix</td>
<td>130</td>
</tr>
<tr>
<td>Pasteurized egg product (¼ cup)</td>
<td>40</td>
</tr>
<tr>
<td>Plain low fat yogurt (½ cup)</td>
<td>65</td>
</tr>
<tr>
<td>Low fat yogurt with fruit (½ cup)</td>
<td>120</td>
</tr>
<tr>
<td>Pudding cup (½ cup)</td>
<td>60–100</td>
</tr>
<tr>
<td>Table sugar (1 tbsp)</td>
<td>50</td>
</tr>
</tbody>
</table>

Sample Shakes:
- **8 oz low fat milk** 100
- **1 tbsp peanut butter** 85
- **½ banana** + 60
  **Total:** 245 calories
- **8 oz 2% milk** 120
- **½ c vanilla ice cream** 130
- **½ c peaches** + 60
  **Total:** 310 calories
- **8 oz Super-Strength milk** 240
- **½ c blueberries** 40
- **½ c fruit yogurt** + 100
  **Total:** 380 calories

You can try adding one or more of the following “calorie boosters” to the foods or drinks that you already enjoy.

**Powdered Milk:**
- You can add powdered milk to hot cereal, hot cocoa, casseroles, meatloaf, mashed potatoes, sauces, soups or use in baking by adding to batter.

**Super-Strength Milk:**
- One quart milk
- One cup instant dry milk powder
  Stir until mixed well and use as you would regular milk.

**Milk, Cream or Half-and-Half**
- Use in place of water in preparing foods such as hot cereal, hot cocoa, soups, cream sauces or batters.

**Eggs**
- Add chopped hard-cooked eggs to salads, casseroles, vegetables or dressings, add an extra egg to pancake or French toast batter. (*egg whites are not for children under 1 year old)*

**Cheese/Cream Cheese/Cottage Cheese**
- Melt cheese on sandwiches, meats, bread or vegetables.
- Grate and add to eggs, sauces, casseroles, meat loaf or pasta dishes.
- Use cream cheese to spread on bread, crackers or fruit slices.
- Try cottage cheese with fruit, Jell-o, or add to casseroles, eggs or pancake batter.

**Peanut Butter or Other Nut Butters***
- Spread on sandwiches, toast, pancakes or waffles or use as a dip for fruit or vegetable sticks. Blend peanut butter into milkshakes or batter/dough for baked goods.

**High Calorie Condiments**
- Add oils, butter, margarine, gravy, mayonnaise, sour cream or other high calorie condiments to mashed/baked potatoes, noodles, hot cereals, rice, cooked vegetables or other foods where they can be tastefully mixed in.