Strategies to Increase Calories and Protein

- Spread nut butter (peanut, almond, cashew, soy, hazelnut) on crackers, apples, bananas, bread/toast, waffles, pancakes, muffins or mix in smoothies, yogurt, hot cereal
  - 2 Tbsp of nut butter = 200 calories, 7g protein

- Add nuts and/or dried fruit to hot or cold cereal, yogurt, cottage cheese, ice cream, salads, rice or grain dishes, pudding, waffles, pancakes or baked goods like muffins, breads, cookies
  - ¼ cup dried fruit (raisins, dried cranberries) = 100-150 calories. ¼ cup nuts (mixed, walnuts, pecans, peanuts) = 150-200 calories, 9g protein

- Add extra olive oil to cooked vegetables, rice, pasta, salad dressings or sauces
  - 1 Tbsp oil = 100 calories

- Add butter/margarine to bread/toast, muffins, pancakes, waffles, rice, pasta, hot cereal, sauces, cooked vegetables, mashed potatoes. Melt and combine with herbs to serve on cooked meats, fish, or poultry.
  - ½-1 Tbsp butter/margarine = 50-100 calories

- Use regular salad dressing on sandwiches, as a dip for raw veggies, add to cooked veggies, stir into rice or pasta dishes
  - 2 Tbsp = 200-250 calories

- Spread mayonnaise on sandwiches/wraps, use to make tuna or chicken salad, pasta salad
  - 1 Tbsp = 60 calories

- Use sour cream on baked potatoes or mix into mashed potatoes, put on tacos or stir into soups
  - 2 Tbsp = 50 calories

- Spread hummus on pita bread or as a dip for raw veggies or pretzels
  - 2 Tbsp = 50 calories, 5g protein

- Add avocado to sandwiches/wraps, hamburgers, Mexican dishes, salads or eat tortilla chips with guacamole.
  - Avocado slices (1/8th of a whole avocado) or 2 Tbsp guacamole = 50 calories

- Use honey on bagels, toast, mix in with hot cereal, add into smoothies, mix into yogurt or cottage cheese
  - 1 Tbsp = 65 calories

- Spread cream cheese on bagels, toast, sandwiches or use as dip for veggies, fruit, or pretzels
  - 2 Tbsp = 100 calories, 2g protein

- Add sliced cheese to crackers, on a sandwiches/wraps, hamburgers, toast or a bagel in the morning
  - 1 slice or ¼ cup (1 oz) = 100 calories, 6g protein

- Sprinkle cheese on mashed potatoes, cooked vegetables, casseroles, pasta, rice, or eggs
• Switch to consuming full fat dairy products and using them in food prep – 2% or whole milk, full fat or whole milk yogurt, regular cheese, sour cream, cream cheese, 4% milk fat cottage cheese. Use milk in place of water to make hot cereal, pudding, hot cocoa, soup, or smoothies for an extra 100-150 calories

• Prepare fortified milk: Mix 1 quart whole or 2% milk with 1 cup nonfat dry milk powder. Use this in recipes or drink as is.
  o If using whole milk, 8 oz serving = 275 calories, 14g protein. If using 2% milk 8 oz serving = 220 calories, 14g protein

• Add nonfat dry milk powder to cooked cereal, casseroles, scrambled eggs, mashed potatoes, sauces, soups, pudding, pancake or waffle batter
  o 1/3 cup = 100 calories, 8g protein

• Add heavy cream to mashed potatoes, creamy pasta dishes or soups, hot cereal, smoothies, or pudding
  o 2 Tbsp = 100 calories

• Add extra eggs or egg white powder to waffle, French toast, pancake, cookie batter. Cooked eggs can be added to salads or eaten as a snack.
  o 1 egg = 90 calories, 7g protein
  o 1 Tbsp dried egg whites = 20 calories, 4g protein

• Add shredded coconut to baked goods like cookies, bars, muffins, trail mix, smoothies or sprinkle on ice cream, yogurt, or cereal. Canned coconut milk or butter can be used in recipes or to prepare smoothies.
  o 1 cup coconut milk = 400 calories, 4g protein. 3 Tbsp shredded coconut = 50 calories. 1 Tbsp coconut butter = 100 calories, 1g protein

• Sprinkle wheat germ on yogurt, pudding, oatmeal, ice cream or mix in smoothies. Add to the batter for pancakes, waffles, muffins, cookies, or breads. It also provides a crunchy topping for vegetables or casseroles.
  o 2 Tbsp = 50 calories, 4g protein

• Add chia or flax seeds (ground/whole) to yogurt, smoothies, or baked goods
  o 2 Tbsp chia seeds = 140 calories, 5g protein

• Switch to higher calorie cereal – look for products that provide 200 calories in ½-1 cup serving
  o Example: ½ cup Granola, Grape nuts®, Muesli = 200 calories, 5-8g protein

• Add ¼ cup granola to yogurt, ice cream, pudding, or cottage cheese for an extra 100 calories, 2g protein

• Sip on beverages with calories at or between meals – milk, lemonade, juice, hot cocoa with milk, soda, flavored waters, liquid nutrition supplements like Boost®, Ensure®, Ensure Clear®

• Add fruit concentrate or fruit juice concentrate to water or carbonated water
  o 1 Tbsp = 50 calories

• Choose canned fruit with syrup – mix with yogurt, cottage cheese, hot cereal or add to smoothies
Teach Back
What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: (608) 890-5500

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: (608) 287-2770