

Easy Ways to Add Calories to Your Meals

Use the tips to add calories to your meals.

Half-and-half Cream

½ cup: 162 calories, 4 grams protein

- Add to potatoes (mashed, scalloped, au gratin), soups, gravies and desserts.
- Use in place of milk (in hot chocolate, on cereal).
- Add to coffee, ice cream malts or shakes.

Cheese

1 ounce: 95 to 110 calories, 7 grams protein

- Melt cheese on sandwiches, hamburgers, hot dogs, Mexican or Italian foods, meats, fish, eggs and vegetables.
- Add grated cheese to sauces, vegetables, soups, chili, rice, casseroles, breads, potatoes and pasta dishes.

Cottage Cheese

½ cup: 110 calories, 12 grams protein

- Mix with fruits or vegetables.
- Add to casseroles or egg dishes (scrambled eggs, quiche and soufflés).
- Use in spaghetti, lasagna or add to gelatin salads, cheesecake, pudding-type desserts and pancake batter.
- Stuff into crepes and pasta shells.

Greek Yogurt

6 ounces: 160 calories, 11 grams protein

- Serve with fruit, or add to shakes or smoothies.

Cream Cheese

2 tablespoons regular: 102 calories, 2 grams protein

2 tablespoons whipped: 70 calories, 1 gram protein

- Add to toast, crackers, muffins, fruit slices, waffles, pancakes, pretzels, graham crackers or bagels.
- Roll into balls and coat with nuts or granola.

Sour Cream

1 tablespoon: 30 calories, less than 1 gram protein

- Add to casseroles, potato dishes, and macaroni and cheese.
- Use to make a vegetable or fruit dip.

Salad Dressings and Mayonnaise

1 tablespoon: 60 to 100 calories, less than 1 gram of protein

- Spread on breads or crackers.
- Mix in chopped cooked chicken, tuna or chopped hard-boiled eggs.
- Use to make sauces.

Butter

1 teaspoon: 45 calories, 0 grams protein

- Use plenty of butter on potatoes, rice, noodles, cooked cereal, vegetables, pancakes, French toast or any bread. Pan-fry foods to absorb more fat.
- Add herbs and spices to butter. **(over)**

Avocado

One-half: 240 calories, 0 grams protein

- Dice and add to rice, stuffing and casseroles.
- Cut into thin slices and add to hot or cold sandwiches.
- Mash and add to dips.

Ice Cream

½ cup: 130 to 170 calories, 2 to 3 grams protein

- Use as a dessert or add ice cream to beverages like milk shakes or sodas.
- Serve it with desserts (pies, cakes, gelatin).
- Add it to hot or cold cereals, or put it on pancakes, waffles or French toast.

Sugar, Candy and Syrups

Calories and protein will vary.

- Add brown sugar or syrups to hot cereals. Sprinkle on pancakes, waffles, French toast, ice cream, puddings, custards and fruit.
- Candy of any kind will add calories.

Jelly, Jam, Honey and Sugar

1 tablespoon: 55 calories, 0 grams protein

- Use plenty of jelly or jam on bread, muffins, pancakes, waffles or French toast.
- Add as a topping to ice cream or pudding.
- Use to glaze meats.

Peanut Butter

2 tablespoons: 180 calories, 7 grams protein

- Use as a spread on bread, toast, crackers, pancakes, waffles, French toast, bananas and apple slices.
- Use as a dip for raw vegetables.
- Add to cake, cookie and bread mixes.
- Mix with milk drinks.
- Add it to ice cream or yogurt and frost cake or cookies.

Eggs

1 large egg: 75 calories, 6 grams protein

- Eat as an entree.
- Mix eggs into mashed potatoes or vegetable soufflés.
- Use chopped hard-boiled eggs in salads and salad dressings, casseroles, vegetables and creamed meats.
- Add an extra egg to pancakes, French toast and custards.
- Use in egg salad sandwiches or mix with meat spreads.

Nuts and Seeds

26 mixed nuts, ¼ cup sunflower seeds, 23 almonds, ½ cup pistachios, 1 ounce peanuts): 40 to 165 calories, 2 to 7 grams protein

- Serve as a snack.
- Add chopped or ground nuts to breads, muffins, cereals, pancakes, waffles, cookies, cakes, pies, puddings, ice cream, yogurt, meatloaf, casseroles, salads and cheese balls.

Dried Fruits

½ cup: 100 to 200 calories, less than 1 gram protein

- Add to muffins, cakes, hot or cold cereals, rice and stuffing.
- Combine with granola for a snack.

Granola

¼ cup: 140 calories, 3 grams protein

- Sprinkle on yogurt, ice cream, pudding and custard.