

## High Calorie Food Choices to Encourage Weight Gain

FRUITS AND VEGETABLES		
Food	Calories	Uses
Sweet Potato	165 calories with peel 101 calories without peel	Use in soups, casseroles, baked goods, and make homemade sweet potato fries.
Peas	66 calories per ½ cup	Mix with rice, pasta, soups, and casseroles.
Avocado	240 calories/fruit	Slice on sandwiches and salads, mash as a dip for chips and vegetables.
Banana-1 medium is 7-8 inches	105 calories per banana	Eat as a snack, mash to put in baked goods, blend into a smoothie or milkshake, and use as a topping for cold or hot cereal.
Dried Fruits: <ul style="list-style-type: none"> <li>• cranberries,</li> <li>• Raisins, cherries, blueberries</li> <li>• apricots</li> </ul>	43 calories/ounce 85-95 calories/ounce  67 calories/ounce	Use in a trail mix, mix with yogurt, top a salad, add to cereal, or as a snack.

MEAT AND PROTEIN		
Food	Calories	Uses
Nuts (1 ounce) <ul style="list-style-type: none"> <li>• Almonds, Peanuts, Cashews, and Pistachios</li> <li>• Walnuts</li> <li>• Macadamia and Pecans</li> </ul>	160-170 calories/ounce  185 calories/ ounce 200 calories/ounce	Use in baked goods, sprinkle on yogurt and cereal, trail mix, salads, and stir fry.  <b>Whole nuts can be a choking hazard to children less than 3 years of age.</b>
Nut and Seed butter (peanut, almond, casher, and sunflower)	100 calories/tablespoon	Use as a dip for fruits or vegetables, spread on crackers or toast, stir into hot cereals. Some brands of sunflower seed butter are nut free.
Eggs	80 calories/egg	Use as breakfast food, add to baked goods, and when hard boiled can be eaten as a snack or made

		into egg salad, and used as batter for french toast.
Hummus or other bean dip	25 calories/tablespoon	Use as dip for vegetables or a sandwich spread

DAIRY		
Food	Calories	Uses
Cheese <ul style="list-style-type: none"> <li>Cheddar, Swiss, Provolone, Muenster, Colby, and Goat Cheese</li> <li>Mozzarella and Feta</li> </ul>	100-110 calories/ounce  75-85 calories/ounce	Use as toppings for sandwiches and soups, melt into casseroles, sprinkle on vegetables, and a snack.
Heavy Whipping Cream	45 calories/tablespoon	Use as some of the liquid in hot cereal, add to milkshakes, and smoothies.
Whole Milk Yogurt	140 calories/cup	Use as a snack, dip with fruit, or mixed into a smoothie.
Cream Cheese	50 calories/tablespoon	Spread on bagels or toast and use in dips and sauces.
Sour Cream	25 calories/tablespoon	Top on potatoes, use in dips, and mix into casseroles or soups. <b>Do not use reduced fat or fat free.</b>
Whole Milk	150 calories/cup	Use as a beverage and used in many recipes. <b>Do not use reduced fat or skim milk.</b>

FATS AND SWEETENERS		
Food	Calories	Uses
Oils (canola, safflower, olive, or coconut)	40 calories/teaspoon	Use in salad dressings, toss with pasta or cooked vegetables, and use in baked goods.
Butter- can use either dairy, soy, or coconut based butter	33calories/teaspoon	Spread on toast and bread, melt onto vegetables and pasta, and use in various baking recipes.
Pure Maple Syrup	52 calories/tablespoon	Use to top pancakes or waffles, use to flavor hot cereal, yogurt, or smoothies
Honey	64 calories/tablespoon	Use to sweeten milkshakes or smoothies, mix into hot cereal, and

		use as dip for chicken. <b>Do not give to children less than 1 year of age.</b>
Canned Coconut Milk	25 calories/tablespoon	Add to sauces, soups, hot cereal, and smoothies/shakes. <b>Do not use the light version.</b>

GRAINS		
Food	Calories	Uses
Oatmeal (no fat or sweeteners added)	143 calories/cup	Mix into cookies, muffins, or bread. Use as a breakfast item.
Quinoa (plain-no fat added)	222 calories/cup	Used as a side dish for meals or add to soups.
Brown Rice	215 calories/cup	Use as a side for meals or add to soups and casseroles.
Bread (whole wheat or white)	70 calories/slice	Suggested to use with one of the suggested spreads (butter or nut butter). <b>Do not use light bread.</b>
Pancakes (5 inches in diameter)- made with either whole wheat or white flour	90 calories/pancake	Eat for breakfast and top with other items such as maple syrup, banana, whole milk yogurt, and butter
Waffles (4 inch squares)- made with whole wheat or white flour	85-115 calories/waffle	Use with toppings at breakfast or could use to make a breakfast sandwich with eggs.