

HIGH-CALORIE FOOD CHOICES

To add more calories to your meals and snacks, focus on high-calorie foods like milk and dairy foods, butter and margarine and calorie-rich condiments.



MILK AND DAIRY FOODS



Whole milk and low-fat (2%) milk are higher in calories; choose them instead of fat-free (skim) milk.

Add heavy (whipping) cream to desserts, pancakes, waffles, fruit, hot chocolate, soups, and casseroles.

Add sour cream to baked potatoes and vegetables.

Drink milkshakes or Carnation Instant Breakfast.

BUTTER, MARGARINE, AND CONDIMENTS



Melt butter or margarine over potatoes, rice, pasta, and cooked vegetables.

Stir melted butter or margarine into soups and casseroles.

Spread butter or margarine on bread for sandwiches.

Use regular (not low-fat or reduced-fat) mayonnaise on sandwiches and in dips with vegetables and fruit.

Top salads with regular salad dressing.

SWEETS

Add jelly or honey to bread and crackers.

Top fruit, ice cream, and cake with fruit jam.





SIMPLE MEALS & SNACKS



Stewed Fruit

3–4 pieces seasonal fruit (e.g. pear, apple, plum), peeled, cored, chopped
1 cup orange juice

1 cup full-cream custard or ice-cream (or 2 tbsp cream)

Place fruit and orange juice in a medium saucepan over low heat. Cook for about 20–30 minutes, stirring occasionally until fruit softens (the total time will depend on the hardness of the fruit).

Serve with some full-cream custard, ice-cream or cream.



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