

## Improving Calorie Intake

Nausea, vomiting, bowel problems, taste changes, and a decreased appetite can all pose stumbling blocks to eating well. Getting enough calories is important to prevent weight loss and to spare the protein in your muscles from being broken down for energy.

### Being well nourished has many benefits:

- Greater energy
- Maintaining strength
- Dealing with the effects of medical treatment and stress
- Faster recovery from surgery and illness
- Fewer infections and medical complications

### Calorie Boosters:

Calorie Booster	Portion size	Calories	
Nuts/Seeds	1/8 cup	100	Eat as a snack. Add chopped or ground nuts to pancakes, muffins, cereals, fruit cups, ice creams, puddings, yogurts, grains, chicken, tuna or vegetable salads, casseroles or baked goods.
Trail mix/Granola Bar	1/4 cup/1 bar	120	Eat as a snack. Top yogurts, ice creams, puddings, cereals, pancakes, or fruit cups.
Dried fruit	1/4 cup	100	Add to pancakes, grains, cereals, yogurts, chicken or vegetable, salads. Cook in muffins, chicken or pork entrees.
Nut butters	1 Tbsp.	100	Spread on whole grain bread, crackers, or bagels. Mix in cookies, brownies, and shakes.
Bean dips/Hummus	1/4 cup	100	Top tortilla chips, baked potatoes, pita bread, tortillas (Don't forget the cheese!)
Cheese & cheese sauces	1 oz 1/8 cup	100	Top cooked vegetables, pasta, crackers, bagels, breads, tortilla chips. Melt in soups, sandwiches and egg. Add parmesan cheese for flavor.
Oils (canola, olive)	1 Tbsp.	120	Use to stir fry vegetables, chicken, fish, eggs. Dip breads in oil. Toss with pasta or salads. Add to frappes.
Pesto sauce	2 Tbsp.	120	Toss with pasta. Spread on bread. Use as a marinade. Brush on grilled items. Use as condiment to season soups and sauces.
Cream cheese	2 Tbsp.	100	Spread on bagels, toast, crackers, fresh vegetables.
Sour cream	1/4 cup	100	Top baked potatoes, beans or chili.

Avocado	1/3 of a medium	100	Try a breakfast burrito. Add avocado; salsa and sour cream to scrambled egg, and wrap up in a tortilla sautéed in olive oil.
Flax seed oil	1 Tbsp.	120	Slice and add to sandwiches, salads, or crackers. Use to make guacamole dip. Add to flavored yogurts and frappes. Mix into your favorite salad dressing.

### **TIPS:**

- Eat small meals and snacks every couple of hours throughout the day.
- If overwhelmed by your usual dinner plate, use a small plate instead.
- Avoid eating snacks too close to mealtimes to avoid decreasing your appetite for meals.
- Stimulate your appetite by relying on favorite foods.
- Eat well during times when your appetite is better.
- Keep high calorie foods handy at home and in your care.
- Bring high calorie snacks when away from home (especially doctor's appointments).
- Add calories to fruits by layering with granola and baking, dipping in nut butters, or baking in pies and turnovers. You can also add granola to milkshakes or commercial nutritional supplements.
- Add calories to vegetables by stir frying in canola or olive oil, or serving with a cheese sauce.
- Add calories to salads by adding salad dressings, nuts, seeds, avocados, olives.
- Keep fluids to a minimum at mealtimes but don't forget to drink between meals.
- Try higher calorie soups like split pea, tomato bisque, chowders, cream soups, and chili.
- Sip on higher calorie fluids such as juices (try cranberry, grape and nectars), milk, frappes, and commercial nutritional supplements.
- As a high-calorie snack try custards and puddings.
- Blend 1 tablespoon of canola oil in frappes or commercially prepared supplements (Boost/Ensure).

### *References:*

Pennington JA; *Bowe's and Church's Food Values of Portions Commonly Used*. Seventeenth Edition. Philadelphia, PA J.M. Lippincott Company, 1998.