Cramming in the Calories After Bone Marrow Transplant

*Being well-nourished has many benefits:*

1. Greater energy and endurance
2. Maintaining strength
3. Better withstanding the effects of medical treatment and stress
4. Faster recovery from surgery and illness
5. Fewer infections and medical complications

Nausea, vomiting, bowel irregularities, 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.

*Calorie Boosters:*

<table>
<thead>
<tr>
<th>Nuts/Seeds (processed/roasted)</th>
<th>Portion size</th>
<th>Calories</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1/8 cup</td>
<td>100</td>
<td>Eat as a snack. Add chopped or ground nuts to pancakes, muffins, cereals, fruitcups, ice creams, puddings, yogurts, grains, chicken or tuna salads, casseroles, or baked goods.</td>
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<tr>
<td>Dried fruit (used in cooking)</td>
<td>1/4 cup</td>
<td>100</td>
<td>Cook in muffins, chicken or pork entrees, pancakes, grains, or hot cereals</td>
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<tr>
<td>Processed nut butters</td>
<td>1 Tbsp.</td>
<td>100</td>
<td>Spread on whole grain bread, crackers or bagels. Mix in cookies, brownies, and shakes.</td>
</tr>
<tr>
<td>Bean dips/Hummus (processed without raw ingredients)</td>
<td>1/4 cup</td>
<td>100</td>
<td>Top nachos, baked potatoes, pita bread, tortillas. (Don’t forget the cheese!)</td>
</tr>
<tr>
<td>Cheese &amp; cheese sauces (Avoid feta, brie, camembert, queso fresco, gorgonzola, bleu cheese, cheese sliced at a deli, and imported cheeses)</td>
<td>1 oz/1/8 cup</td>
<td>100</td>
<td>Top cooked vegetables, pasta, crackers, bagels, breads, nachos. Melt in soups, sandwiches, and eggs.</td>
</tr>
<tr>
<td>Product</td>
<td>Portion size</td>
<td>Calories</td>
<td>Uses</td>
</tr>
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<td>-------------------------</td>
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<tr>
<td>Oils (canola, olive)</td>
<td>1 Tbsp.</td>
<td>120</td>
<td>Use to stir fry vegetables, chicken, fish, eggs. Drizzle over breads. Toss with pasta. Add to frappes.</td>
</tr>
<tr>
<td>Cream cheese</td>
<td>2 Tbsp.</td>
<td>100</td>
<td>Spread on bagels, toast, crackers.</td>
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<tr>
<td>Sour cream</td>
<td>1/4 cup</td>
<td>100</td>
<td>Top baked potatoes, beans, chili.</td>
</tr>
<tr>
<td>Avocado</td>
<td>1/3 of a medium</td>
<td>100</td>
<td>Slice and add to sandwiches, salads, or crackers.</td>
</tr>
<tr>
<td>Flax seed oil</td>
<td>1 Tbsp.</td>
<td>120</td>
<td>Add to flavored yogurts and frappes.</td>
</tr>
</tbody>
</table>

**TIPS:**
- Keep high calorie foods readily available at home and in your car.
- Bring high calorie snacks when away from home (especially doctor’s appointments).
- Add calories to fruits by dipping in nut butters, or baking in pies and turnovers. You can also add to milkshakes or commercial nutritional supplements.
- Add calories to vegetables by stir frying in canola or olive oil, or serving with a cheese sauce.
- 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.
- 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 or grape), milk, frappes, and commercial nutritional supplements.
- As a high calorie snack try custards and puddings.
- Stimulate your appetite by relying on favorite foods.
- Eat well during times when your appetite is better.
- Eat small meals and snacks every couple of hours throughout the day.

**References:**
Recipes

California Guacamole
makes 12 servings serving size:
(Adapted from the California Avocado Commission)

2 avocados 3 tablespoons chopped tomato
3 tablespoons lemon juice 1/2 teaspoon salt
1/2 cup diced onion 2 tablespoons minced cilantro
1 clove minced garlic 1 tablespoon sour cream

1) Cut avocados in half and remove seeds
2) Scoop out pulp and place in bowl
3) Drizzle pulp with lemon juice and mash
4) Add remaining ingredients, mix well and serve

Nutrition Facts: Calories: 61, Protein: .8g, Fiber: 2g, Fat: 5.5g, CHO: 4g, β-Carotene: 123mg,
Vit C: 5.5mg, Vit E: .5mg αTE, Selenium: .15mcg, Mg: 14.5mg, Ca: 7.5mg, Folic acid: 23mg

Rice-Nut Loaf
Makes 6 servings serving size: 1 slice
(Adapted from USA Rice Council pamphlet "Veg-able Rice")

3 cups cooked brown rice 1/4 cup chopped walnuts
2 cups (8 oz) shredded sharp cheddar cheese 1/4 cup chopped sunflower kernels
4 eggs, lightly beaten 1/4 cup sesame seeds
1 medium onion, chopped 1/2 teaspoon salt
1 cup shredded carrots 1/4 teaspoon ground black pepper
1/2 cup Italian-style bread crumbs 1 (16 oz) jar spaghetti sauce (optional)

1) Combine rice, cheese, eggs, onion, carrots, breadcrumbs, walnuts, sunflower kernels,
   sesame seeds, salt, and pepper
2) Pack into greased 9-inch loaf pan
3) Bake at 350° F for 50-60 minutes, until firm
4) Let cool in pan 10 minutes
5) Unmold and slice; serve with heated spaghetti sauce

Nutrition Facts: Calories: 467, Protein: 24g, Fiber: 7.5g, Fat: 21g, CHO: 48g, β-Carotene: 3000mg,
Vit C: 16 mg, Vit E: 5mg α TE, Selenium: 25mcg, Mg: 89mg, Ca: 368mg, Folic acid: 49mcg
**Cheese Sauce**

Makes 1 quart  
serving size: 1/8 cup (32 servings)

6 tablespoons butter or margarine  
6 tablespoons flour  
1/4 cup chopped onion  
salt, pepper

4 cups whole milk  
1 1/4 cups grated cheese (cheddar, Fontina, or Swiss)

1) Melt butter; add onions and flour; mix well  
2) Add milk and whisk until smooth  
3) Simmer 30 minutes; strain if desired.  
4) Gradually whisk in cheese. Season with salt & pepper

**Nutrition Facts:** Calories: 68, Protein: 2.5g, Fiber: .1g, Fat: 5g, CHO: 4g, β-Carotene: 0mg, Vit C: .4mg, Vit E: .1mg, Selenium: 1.5mcg, Mg: 5.5mg, Ca: 66mg, Folic acid: 3mcg

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**Hummus**

Makes 2 cups  
serving size: 1/4 cup

(8 servings)

1 14-oz. can chick peas  
1/2 cup sesame tahini paste  
6 garlic cloves minced  
1 1/2 teaspoons paprika  
1 teaspoon fresh chopped parsley

juice of 3 lemons  
1/4 cup olive oil  
3/4 teaspoon cayenne pepper (optional)  
1/4 teaspoon cumin

1) Puree all ingredients in a food processor or blender  
2) Adjust consistency with more olive oil or water  
3) Season to taste with salt and pepper

**Nutrition Facts:** Calories: 206, Protein: 5g, Fiber: 4g, Fat: 16g, CHO: 13g, β-Carotene: 212mg, Vit C: 8mg, Vit E: 1mg, Selenium: .6mg, Mg: 56mg, Ca: 44mg, Folic acid: 18mcg
**Rice Pilaf with Dates and Almonds**

Makes 3 cups  
(12 servings)

1 tablespoon butter  
1 medium onion, chopped (about 1 cup)  
1 red, green, or yellow bell pepper, chopped fine  
1/2 cup cooked brown, white, or basmati rice  
1/4 cup hot water  
salt and ground black pepper to taste

1 tablespoon olive oil  
1 large garlic clove, minced or pressed  
1/2 teaspoon turmeric  
1/2 cup dates, chopped fine  
2 tablespoons chopped fresh parsley  
1/2 cup chopped toasted almonds

1) In a large, heavy skillet, heat the butter and oil  
2) Add the onions and garlic and saute over medium heat until tender  
3) Add the bell pepper, turmeric, cinnamon, allspice or nutmeg, and dates  
4) Stir in the rice and parsley, sprinkle on the water, and heat, uncovered, for a few minutes  
5) When the rice is hot, stir in the almonds, add salt and pepper to taste, and serve

**Nutrition Facts:**  
Calories: 137, Protein: 3g, Fiber: 3g, Fat: 5.5g, CHO: 20g, β-Carotene: 406mg,  
Vit C: 25.5mg, Vit E: .75mg, Selenium: 8mcg, Mg: 44.5mg, Ca: 31mg, Folic acid: 13mcg

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**Cheese Beans**

Makes 6 cups  
(24 servings)

6 cups cooked pinto or kidney beans  
2 cups chopped onion  
2 cups grated muenster or monterey jack cheese  
2 teaspoons chili powder  
1 1/2 teaspoons salt

2 teaspoon butter or margarine, melted  
2 large cooking apples, cut in chunks  
4 medium tomatoes, chopped  
1 teaspoon dry mustard  
1/8 teaspoon pepper

1) Saute onions in butter until soft & clear  
2) Add chili powder & mustard.  
3) Add remaining ingredients  
4) Pour into large buttered casserole dish.  
5) Cover & bake at 350° for 35-40 minutes

* If using raw beans: soak 3 cups raw beans in a large bowl of water for 1 1/2 hrs. Place beans in a pan, cover with plenty of water, and cook for an additional 1 1/2 hrs or until desired tenderness.

**Nutrition Facts:**  
Calories: 142, Protein: 8g, Fiber: 7g, Fat: 3.5g, CHO: 20g, β-Carotene: 102mg,  
Vit C: 6.5mg, Vit E: .3mg, Selenium: 6mcg, Mg: 45.5mg, Ca: 105mg, Folic acid: 129mg
**Basil Pesto**

Makes 1/2 cup  
(serving size: 3 Tablespoons)  
(2 2/3 servings)

1 cup fresh basil leaves  
1/2 cup parsley

3 garlic cloves  
1 tablespoon pine nuts

2 tablespoons olive oil  
1/2 tablespoon parmesan cheese

1) Puree all ingredients in a blender or food processor  
2) Add more olive oil to adjust consistency if necessary  
3) Season with salt & pepper  
   Can be tossed with pasta or used as a marinade, a barbeque sauce, a seasoning for soups & sauces, or as a spread on bread.

**Nutrition Facts:**  
Calories: 126, Protein: 2g, Fiber: 1g, Fat: 12g, CHO: 3g, β-Carotene: 720mg,  
Vit C: 19mg, Vit E: 1.5mg, Selenium: 1mcg, Mg: 27mg, Ca: 63mg, Folic acid: 29mcg

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**Bean Dip**

Makes approx: 7 cups  
(serving size: 1/4 cup)  
(28 servings)

1 Tablespoon olive oil  
1 can Guiltless Gourmet Black Bean Dip

1 can fat-free refried beans -16oz.  
3/4 cup sour cream

1/4 cup mayonnaise  
1 pkg. taco seasoning mix

1 cup mild salsa  
1 cup shredded cheddar cheese

1 cup shredded lettuce  
tortilla chips

optional garnish: chopped tomato, scallions, fresh cilantro

1) Combine olive oil, bean dip, and refried beans  
2) spread in square or round pan.  
3) Mix sour cream & mayonnaise; season with taco mix to desired taste  
4) Spread over bean mixture  
5) Next spread salsa, then cheese, then lettuce  
6) If desired, garnish with chopped tomato, scallions, and/or cilantro. Serve with tortilla chips.

**Nutrition Facts:**  
Calories: 74, Protein: 3g, Fiber: 1g, Fat: 5g, CHO: 5g, β-Carotene: 12mg,  
Vit C: 4g, Vit E: .15mg, Selenium: 1mcg, Mg: 3mg, Ca: 44.5mg, Folic acid: 6mcg
**Granola**

Makes ~ 12 cups     serving size: 1/4 cup
(48 servings)
4 cups rolled oats     1 cup wheat germ
1 cup sesame seeds     1 cup sunflower seeds
1 1/2 cups almonds     3/4 cup powdered milk
1 cup olive or canola oil    1/3 cup honey
1 1/2 cups raisins     1 cup chopped dates

1) Spray or lightly grease 1 or 2 shallow cake pans.
2) Mix oats, wheat germ, seeds, almonds, powdered milk
3) Mix oil & honey together and pour over mixture and bake at 325° for 15-20 minutes
4) Add the dried fruit about 5 minutes before the granola is done cooking. Stir once or twice during cooking for uniform doneness

*Nutrition Facts:* Calories: 170, Protein: 4.5g, Fiber: 3g, Fat: 10.5g, CHO: 16g, β-Carotene: 2mg, Vit C: .5mcg, Vit E: 4mg, Selenium: 6.5mg, Mg: 43mg, Ca: 67mg, Folic acid: 23mcg

**Pumpkin Bars**

Makes 20 bars      serving size: 1/2 bar
(40 servings)
4 eggs       1 large (29-oz) can pumpkin
1 1/2 cups sugar     1 teaspoon salt
1 teaspoon cinnamon     1 teaspoon ginger
1/2 teaspoon cloves     1 can (12 fl oz) evaporated milk
1 package yellow cake mix    1 cup walnuts chopped
1 cup Smart Balance margarine

1) Preheat oven to 325°
2) Beat eggs slightly. Add pumpkin, sugar, seasonings, and evaporated milk and mix well
3) Pour into greased 9 x 13-inch pan
4) Sprinkle with dry cake mix and nuts. Melt margarine and drizzle over mixture
5) Bake 1 1/2 hours until pumpkin mixture is set and topping is golden.
6) Cool and cut into 20 squares

*Nutrition Facts:* Calories: 166, Protein: 3g, Fiber: 1g, Fat: 8g, CHO: 21g, β-Carotene: 2683mg, Vit C: 1mg, Vit E: 1mg, Selenium: 3mcg, Mg: 15mg, Ca: 52mg, Folic acid: 9mcg
Indian Pudding

Makes 4 cups serving size: 1/4 cup

(16 servings)

4 cups whole milk
2 tablespoons canola oil
1 teaspoon salt
1/2 teaspoon ginger
1 cup evaporated milk

5 tablespoons yellow corn meal
1 cup molasses
3/4 teaspoon cinnamon
2 eggs, well beaten

1) Preheat oven to 350°
2) Heat milk in the top of a double boiler almost to boiling. Remove from heat and allow to cool for 5 minutes
3) Add corn meal slowly, stirring constantly. Cook over medium heat, stirring constantly, for 15 minutes, then add the oil, molasses, seasonings, and beaten eggs
4) Turn into shallow buttered baking dish and bake for one hour
5) After the first 15 minutes of baking, pour evaporated milk over the mixture, but do not stir in. Bake remaining 45 minutes. Remove from oven and cool.

Tips: Serve with vanilla ice cream, vanilla frozen yogurt, or whipped topping

Nutrition Facts: Calories: 145, Protein: 4g, Fiber: .25g, Fat: 5.5g, CHO: 20.5g, β-Carotene: .2mg, Vit C: .6mg, Vit E: .5mg, Selenium: 16mcg, Mg: 62mg, Ca: 159mg, Folic acid: 6.5mcg

Super Pudding

Makes 3 cups serving size: 1/2 cup

(6 servings)

2 cups whole milk
2 tablespoons canola oil

3/4 cup dry milk powder
1 package (4 1/2 oz) instant pudding (your favorite flavor)

1) Stir together milk, milk powder, and oil
2) Add instant pudding and mix well
3) Pour into dishes and refrigerate

Tips: Serve with vanilla ice cream or vanilla frozen yogurt

Nutrition Facts: Calories: 143, Protein: 6g, Fiber: .2g, CHO: 12g, β-Carotene: 0mg, Vit C: 1.5mg, Vit E: 1mg, Selenium: 4mcg, Mg: 24.5mg, Ca: 222mg, Folic acid: 9mcg
**MILK SHAKES**

Makes: 1 beverage

**Orange Julius**
1/2 cup orange juice
1/2 cup whole milk
1/2 cup vanilla ice cream
1/4 cup pasteurized liquid egg
1 teaspoon vanilla extract

Nutrition Facts: Cals: 330, Pro: 15g, Fiber: .25g, Fat: 14g, CHO: 35g, β-Carotene: 46mg, Vit C: 63.5mg, Vit E: .5mg, Sel: 7mcg, Mg: 45mg, Ca: 277mg, Fol: 56mcg

**Orange Kooler**
1/3 cup orange juice concentrate (undiluted)
3/4 cup powdered milk
1 cup ice water (or whole milk)
1/2 cup vanilla ice cream

Nutrition Facts: Cals: 758, Pro: 30g, Fiber: .75g, Fat: 33g, CHO: .88g, β-Carotene: 49mg, Vit C: 138mg, Vit E: 1mg, Sel: 15mcg, Mg: 122mg, Ca: 990mg, Fol: 184mcg

**Pineapple Soda**
1/4 cup crushed pineapple, drained
1/2 cup whole milk
1/2 cup vanilla ice cream
1/2 cup pear nectar

Nutrition Facts: Cals: 302, Pro: 6.7g, Fiber: 1g, Fat: 11.5g, CHO: 46g, β-Carotene: 8mg, Vit C: 8mg, Vit E: .3mg, Sel: 6.5mg, Mg: 40mg, Ca: 245mg, Fol: 14mcg

**Peanut Butter Drink**
1/2 cup whole milk
3 tablespoons smooth peanut butter
3 tablespoons chocolate syrup
1/2 cup vanilla ice cream

Nutrition Facts: Cals: 615, Pro: 20g, Fiber: 4g, Fat: 36g, CHO: 64g, β-Carotene: 0mg, Vit C: 2mg, Vit E: 5mg, Sel: 11mcg, Mg: 138mg, Ca: 256mg, Fol: 47mcg

1) Place all ingredients in blender and blend well
2) Pour into tall, frosted glasses
3) Use your favorite garnish: maraschino cherry, sprig of mint, or whipping cream

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**NOGS**

Makes: 1 beverage

**Eggnog**
1/2 cup whole milk
1/2 cup pasteurized liquid egg
1 teaspoon vanilla extract
Dash of nutmeg
1 tablespoon sugar

Nutrition Facts: Cals: 461, Pro: 22g, Fib: .3g, Fat: 8.5g, CHO: 20g, β-Carotene: .4mg, Vit C: 1mg, Vit E: .75mg, Sel: 2mcg, Mg: 29mg, Ca: 213mg, Fol: 25mcg

**Yogurt Nog**
1/3 cup yogurt (your favorite flavor)
3 tablespoons pasteurized liquid egg
1/3 cup orange juice
3 tablespoons powdered milk
1/3 banana
2 teaspoons honey

Nutrition Facts: Cals: 305, Pro: 16g, Fiber: 1g, Fat: 8g, CHO: 44g, β-Carotene: 46mg, Vit C: 43.5mg, Vit E: .7mg, Sel: 4mcg, Mg: 54mg, Ca: 408mg, Fol: 48mcg
**Strawberry Nog**

- 3/4 cup whole milk
- 3 tablespoons powdered milk
- 3 tablespoons pasteurized liquid egg
- 3/4 cup strawberry ice cream

**High-Protein Nog**

- 1 cup whole milk
- 3 tablespoons powdered milk
- 1/2 cup pasteurized liquid egg
- 1 tablespoon granulated sugar
- 1 teaspoon vanilla extract
- Dash of nutmeg

**Nutrition Facts:**

- **Strawberry Nog:**
  - Cals: 461
  - Pro: 22g
  - Fiber: .3g
  - Fat: 22g
  - CHO: 45g
  - β-Carotene: 0
  - Vit C: 1mg
  - Mg: 63mg
  - Ca: 580mg
  - Fol: 37mcg

- **High-Protein Nog:**
  - Cals: 315
  - Pro: 22g
  - Fat: 10.5g
  - CHO: 21g
  - β-Carotene: 0
  - Vit C: 1mg
  - Vit E: .7mg
  - Sel: 2mcg
  - Mg: 17mg
  - Ca: 226mg
  - Fol: 6mcg

1) Place all ingredients in blender and blend well
2) Pour into tall, frosted glasses
3) Use your favorite garnish: maraschino cherry, sprig of mint, whipping cream, or dash of nutmeg

**SHERBET SHAKES**

**Apricot Raspberry Shake**

- 1/2 cup apricot nectar
- 4 apricot halves, chopped
- 1/2 cup raspberry sherbet

  **Cals:** 314, **Pro:** 2g, **Fiber:** 3g
  **Fat:** 2g, **CHO:** 76g, **β-Carot:** 1934mg, **Vit C:** 1mg, **Mg:** 23mg, **Ca:** 74mg, **Fol:** 8mcg

**Banana Orange Shake**

- 1/2 cup orange juice
- 1/2 cup orange sherbet
- 1/2 banana

  **Cals:** 247, **Pro:** 2.5g, **Fiber:** 2g
  **Fat:** 2.5g, **CHO:** 57g, **β-Carot:** 74mg, **Vit C:** 72mg, **Nut:** 3mg, **Sel:** 3mcg
  **Mg:** 39mg, **Ca:** 71mg, **Fol:** 53mcg

**Cranberry Lemon Shake**

- 1/2 cup cranberry juice
- 1/2 cup lemon sherbet
- 1/2 banana

  **Cals:** 263, **Pro:** 2g, **Fiber:** 2g
  **Fat:** 2.5g, **CHO:** 62g, **β-Carot:** 31mg, **Vit C:** 54mg, **Vit E:** 2mg, **Sel:** 3mcg
  **Mg:** 28mg, **Ca:** 61mg, **Fol:** 15mcg

**Orange Shake**

- 1/2 cup orange juice
- 1/2 cup mandarin orange sections, drained
- 1/2 cup orange sherbet

  **Cals:** 235, **Pro:** 2.5g, **Fiber:** 3g
  **Fat:** 2.5g, **CHO:** 54g, **β-Carot:** 584mg, **Vit C:** 96mg, **Nut:** 4mg, **Sel:** 3mcg
  **Mg:** 33mg, **Ca:** 81mg, **Fol:** 61mcg

**Pineapple Lemon Shake**

- 1/2 cup pineapple juice
- 1/2 cup lemon sherbet
- 2 pineapple slices, chopped, drained

  **Cals:** 268, **Pro:** 2g, **Fiber:** 2g
  **Fat:** 2g, **CHO:** 64.5g, **β-Carot:** 51mg, **Vit C:** 25mg, **Nut:** 3mg, **Sel:** 3.5mcg
  **Mg:** 39mg, **Ca:** 84mg, **Fol:** 14mcg

**Sunshine Sipper**

- 1/4 cup grapefruit juice
- 1/4 cup pineapple juice
- 1/2 cup orange juice
- 1/2 tablespoon sugar
- 1/2 cup lime sherbet

  **Cals:** 280, **Pro:** 2.5g, **Fiber:** 1g
  **Fat:** 2g, **CHO:** 65g, **β-Carot:** 50mg, **Vit C:** 96mg, **Nut:** 2mg, **Sel:** 3mcg
  **Mg:** 37mg, **Ca:** 83mg, **Fol:** 62mcg

**Banana Grape Shake**

- 1/3 cup grape juice
- 1/3 cup whole milk
- 1/2 banana
- 1/2 cup lemon sherbet

  **Cals:** 298, **Pro:** 5g, **Fiber:** 4g
  **Fat:** 6g, **CHO:** 59g, **β-Carot:** 23mg, **Vit C:** 89mg, **Nut:** 4mg, **Sel:** 6mcg
  **Mg:** 37mg, **Ca:** 196mg, **Fol:** 35mcg

**Berry Freeze**

- 1/3 cup whole milk
- 3/4 cup raspberry sherbet
- 6 to 8 strawberries

  **Cals:** 356, **Pro:** 7g, **Fib:** 4g
  **Fat:** 7.5g, **CHO:** 70g, **β-Carot:** 40mg, **Vit C:** 54mg, **Nut:** .5mg, **Sel:** 6mcg
  **Mg:** 52.5mg, **Ca:** 239mg, **Fol:** 36mcg

**Strawberry Banana Shake**

- 1/3 cup whole milk
- 1/2 banana
- 6 strawberries
- 3/4 cup lemon sherbet

  **Cals:** 335, **Pro:** 7g, **Fib:** 4g
  **Fat:** 7.5g, **CHO:** 70g, **β-Carot:** 40mg, **Vit C:** 54mg, **Nut:** .5mg, **Sel:** 6mcg
  **Mg:** 52.5mg, **Ca:** 239mg, **Fol:** 36mcg

**Pineapple Berry Freeze**

- 1/3 cup whole milk
- 1/2 cup fresh pineapple
- 3/4 cup raspberry sherbet

  **Cals:** 292, **Pro:** 5g, **Fiber:** 2g
  **Fat:** 6g, **CHO:** 58.5g, **β-Carot:** 9mg, **Vit C:** 19mg, **Nut:** 25mg, **Sel:** 5mcg
  **Mg:** 33.5mg, **Ca:** 181mg, **Fol:** 18mcg

1) Place all ingredients in blender and blend well
2) Pour into tall, frosted glasses
3) Use your favorite garnish: maraschino cherry, sprig of mint, or whipping cream
BEVERAGES USING INSTANT BREAKFAST

Makes 1 beverage

**Hawaiian Float**
2 tablespoons orange-pineapple juice concentrate (undiluted)
1/4 package vanilla instant breakfast (about 1 tablespoon)
1/4 cup ice water
1/2 cup evaporated whole milk
1/4 cup lime sherbet

Cals: 286, Pro: 11g, Fiber: .3g, Fat: 10.5g
CHO: 38g, β-Carot: 8mg, Vit C: 19mg,
Vit E: 1.5mg, Sel: 3mcg, Mg: 58mg
Ca: 446mg, Fol: 45mcg

**Peach Shake**
1 canned peach half
3 tablespoons dry milk powder
1/4 cup ice water (or whole milk)
1/2 package vanilla instant breakfast (about 2 tablespoons)
1/4 cup vanilla ice cream

Cals: 220, Pro: 8g, Fiber: 1g, Fat: 4g
CHO: 39g, β-Carot: 181mg, Vit C: 18mg
Vit E: 4mg, Sel: 6mcg, Mg: 66mg
Ca: 380mg, Fol: 61mcg

1) Place all ingredients in blender and blend well