



**Registered Dietitians**  
Department of  
Veterans Affairs  
*Leading the way to better health*

# Healthy Ways to Add Calories

Listed below are sources of high calorie foods, which can help you gain weight. Most are unsaturated (healthy) fats which can protect against heart disease.

## Olive Oil

- Use to stir fry vegetables and chicken. Add to pasta, tomato sauce, salads

## Nuts and Seeds (such as wheat germ, oat bran or ground flaxseed)

- Add to hot or cold cereals, fruit, yogurt, stir fry dishes, vegetables, casseroles, salads

## Natural Peanut Butter

- Spread on bread, bagel, crackers, fruit, pancakes and waffles

## Avocado and Olives

- Add to sandwiches, salads, Mexican food, soups, casseroles



## Margarine (soft, tub, trans-fat free)

- Add to potatoes, vegetables, hot cereals, soups, noodles, bread, rice, crackers, sauces

## Carnation® Instant Breakfast®, Nestlé® Quick, or Ovaltine™ powder

- Add to flavor low fat milk or yogurt

## Nonfat dry milk powder

- Add to milkshakes, smoothies, casseroles, mashed potatoes, soups, eggs, hot cereal

## Dried fruit

- Add to sweeten hot or cold cereals, salads, yogurt

## Syrup

- Add to hot cereal, fruit, pancakes, waffles

## Honey

- Add to hot cereal, fruit, bread, bagel, pancakes, waffles, crackers, tea

## Jam or jelly

- Spread on bread, bagel, crackers



<b>Snack or Meal Ideas</b>	<b>Calories</b>	<b>Protein</b>
1 cup low fat yogurt with 1 oz. granola	200	17
smoothie made with 6 oz. low fat yogurt, 1 banana, 1 cup low fat milk, and 1 Tbsp. natural peanut butter	380	24
bagel with 2 Tbsp low fat cream cheese and 1 Tbsp jelly	350	7
1 cup cooked oatmeal made with 1 cup low fat milk and sugar, banana and raisins	350	13
natural peanut butter (2Tbsp) and jelly (1Tbsp) sandwich on whole wheat bread	400	14
turkey sandwich (3oz meat) with avocado and 1Tbsp light mayonnaise	525	15
1 cup low fat cottage cheese and 1 cup canned fruit in heavy syrup	340	25
trail mix: 1 oz. almonds and walnuts, ¼ cup raisins, and 1 cup Wheat Chex®	370	10
2 corn tortillas with 1 oz. light mozzarella cheese, ½ med. avocado, 2 Tbsp. salsa and 3 oz. chicken	330	18
1 cup turkey chili with beans over a baked potato	420	30
1 cup lentil soup mixed with 1 cup low fat milk	360	16
½ cup sherbet	150	1
2 graham cracker squares with 2 Tbsp. natural peanut butter and 1 cup low fat milk	340	16

Your calorie needs are \_\_\_\_\_

Your protein needs are \_\_\_\_\_



**Contact your local VA Dietitian for more information.**