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.

**Oil** (olive, canola, peanut)
- Add to vegetables, meat, pasta, tomato sauce, salads, or dip for bread.

**Nuts and Nut Butters** (almonds, walnuts, cashews, and natural peanut butter)
- Add to trail mix, sprinkle onto salads or yogurt, spread on crackers, vegetables, fruit, or pancakes

**Fatty Fish** (such as tuna, salmon, halibut, sardines, and trout)
- Add to sandwiches, pasta, rice, salads, eat on top of crackers

**Avocados and Olives**
- Add to sandwiches, salads, Mexican food, soups, casseroles, eggs

**Seeds and Grains** (such as wheat germ, oat bran, sunflower seeds, chia seeds, and ground flaxseed)
- Add to hot or cold cereals, fruit, yogurt, stir fry dishes, vegetables, casseroles, salads

**Carnation Breakfast Essentials®, Whey Powder, Nesquik®, or Ovaltine® powder drink mixes**
- Add to flavor low-fat milk, yogurt, smoothies, hot cereal

**Nonfat dry milk powder**
- Add to milk, milkshakes, smoothies, casseroles, mashed potatoes, soups, eggs, hot cereal

**Margarine** (soft, tub, trans-fat free)
- Add to potatoes, vegetables, hot cereals, soups, noodles, sauces

**Dried Fruit** (such as prunes, raisins, cranberries, dates, and apricots)
- Add to sweeten hot or cold cereals, salads, yogurt

**Honey, Jelly, or Maple Syrup**
- Add to hot cereal, fruit, bread, bagel, pancakes, waffles, crackers, tea
Your calorie needs are _______ calories per day.
Your protein needs are _______ grams protein per day.

Contact your local VA Dietitian for more information.