
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 with crackers

Avocados and Olives

- Add to sandwiches, salads, Mexican dishes, 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

Whey Powder or Powdered drink mixes

- Add to flavor milk, yogurt, smoothies, hot cereal

Dry milk powder

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

Butter

- 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

Snack or Meal Ideas	Calories	Protein
1 cup Greek yogurt with 1 oz. granola and 1 Tbsp. chia seeds	338	23
Smoothie made with 6 oz. Greek yogurt, 1 banana, 1 cup low fat milk, 1 scoop (28g) whey protein, and 1 Tbsp. natural peanut butter	538	48
Bagel with 2 Tbsp. cream cheese and 1 Tbsp. jelly	584	12
1 cup cooked oatmeal made with 1 cup milk, 1 Tbsp. honey, bananas and raisins	458	13
Natural peanut butter (2 Tbsp.) and jelly (1 Tbsp.) sandwich on whole wheat bread	400	14
Turkey sandwich (3oz meat) with avocado and 1 Tbsp mayonnaise	555	15
1 cup cottage cheese with 1 cup canned fruit in heavy syrup and 1 Tbsp. chia seeds	459	27
Trail mix: 1 oz. almonds and walnuts, 1/4 cup raisins, and 1 cup Wheat cereal	370	10
2 corn tortillas with 1 oz. mozzarella cheese, 1/2 med. avocado, 2 Tbsp. salsa and 3 oz. chicken	380	18
1 cup turkey chili with beans over a baked potato	420	30
1 cup lentil soup mixed with 1 cup milk	410	16
2 graham cracker squares with 2 Tbsp. natural peanut butter and 1 cup milk	390	16

Your calorie needs are _____ calories per day.

Your protein needs are _____ grams protein per day.

Contact your local VA Dietitian for more information.