

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

CALORIES

Food Sources	Preparation to Increase Calories
Butter or Margarine 1 teaspoon = 45 calories	<ul style="list-style-type: none"> • Add to soups, mashed and baked potatoes, hot cereals, grits, rice, noodles and cooked vegetables; top muffins, crackers. • Stir into cream soups, sauces, and gravies. • Combine with herbs and seasonings and spread on cooked meats, hamburgers and fish and egg dishes. • Use melted butter or margarine on vegetables and with seafood such as shrimp, scallops, crab and lobster.
Whipped Cream 1 Tablespoon = 15 – 30 calories	<ul style="list-style-type: none"> • Use sweetened on hot chocolate, desserts, gelatin, puddings, fruits, pancakes and waffles. • Fold unsweetened into mashed potatoes or vegetable purees.
Table Cream 1 Tablespoon = 30 – 50 calories	<ul style="list-style-type: none"> • Use in cream soups, sauces, egg dishes, batters, puddings and custards, and over fresh fruit. • Use on hot or cold cereal. • Use in milkshakes or fruit drinks. • Mix with pasta, rice, and mashed potatoes. • Pour on chicken and fish while baking. • Use as a binder in hamburgers, meat loaf and croquettes. • Add to milk in recipes. • Make hot chocolate with cream and add marshmallows.
Cream Cheese 1 ounce = 100 calories	<ul style="list-style-type: none"> • Spread on breads, muffins, fruit slices and crackers. • Add to vegetables. • Roll into balls and coat with chopped nuts, wheat germ, or granola. • Soften and season as a dip for fruits, vegetables or chips.
Sour Cream 1 Tablespoon = 30 calories	<ul style="list-style-type: none"> • Add to cream soups, baked or whipped potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meat and fish. • Make a dip for vegetables. • Use as a topping for cakes, fruit, gelatin desserts, breads and muffins. • Scoop on fresh fruit; add brown sugar, for a topping.
Salad Dressings and Mayonnaise 1 Tablespoon = 60- 100 calories	<ul style="list-style-type: none"> • Spread on sandwiches and crackers. • Combine with meat, fish and egg or vegetable salads. • Use as a binder in croquettes. • Use in sauces and gelatin dishes.

Food Sources	Preparation to Increase Calories
Honey, Jam and Sugar 1 Tablespoon = 60 calories	<ul style="list-style-type: none"> • Add to bread, cereal, milk drinks, and fruit and yogurt desserts. • Use as a glaze for meats, such as chicken or ham.
Food Sources	Preparation to Increase Calories
Granola 1/2 cup = 300 calories	<ul style="list-style-type: none"> • Use in cookie, muffin, and bread batters. • Sprinkle on vegetables, yogurt, ice cream, pudding, custard and fruit. • Layer with fruits and bake. • Mix with dry fruits and nuts for a snack. • Substitute for bread or rice in pudding recipes.
Dried Fruits 1/2 cup = 100 - 200 calories	<ul style="list-style-type: none"> • Cook and serve for breakfast or as a dessert or snack. • Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings and stuffings. • Bake in pies and turnovers. • Combine with cooked vegetables such as carrots, sweet potatoes, yams, and acorn and butternut squash. • Combine with nuts or granola for snacks.

Food Preparation Tips

- Sauté and fry foods when possible because these cooking methods add more calories than baking or broiling.
- Add sauces or gravies.
- Prepare hot cereals using whole milk instead of water.
- Bread meats and vegetables.

Used with permission from: *Dining Skills: Practical Interventions for the Caregivers of Older Adults with Eating Problems.*
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Notes: