

# Boosting Calories

The following foods can increase calories without significantly increasing the volume of the food eaten. The addition of 500 extra calories each day can mean a 1 pound weight gain per week.

<b>Butter &amp; Margarine</b>	Add to soups, mashed and baked potatoes, hot cereals, grits, rice and noodles, and cooked vegetables. Stir into cream soups, sauces and gravies. Combine with herbs and seasonings, and spread on cooked meats, hamburgers, fish and egg dishes. Use melted butter or margarine as a dip for seafood.
<b>Whipped Cream</b>	Use sweetened on hot chocolate, desserts, gelatin, puddings, fruits, pancakes and waffles. Fold unsweetened into mashed potatoes or vegetable purees.
<b>Milk &amp; Cream</b>	Use in cream soups, sauces, egg dishes, batters, puddings, and custards. Put on hot or cold cereal. Mix with noodles, pasta, rice and mashed potatoes. Pour on chicken and fish while baking. Use as a binder in hamburgers, meatloaf, and croquettes. Add milk in recipes. Make hot chocolate with cream and add marshmallows.
<b>Cheese</b>	Melt on top of casseroles, potatoes and vegetables. Add to omelets and sandwiches.
<b>Cream Cheese</b>	Spread on breads, muffins, fruit slices and crackers. Add to vegetables. Roll into balls and coat with chopped nuts, wheat germ or granola.
<b>Sour Cream</b>	Add to cream soups, baked potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meat, and fish. Use as a topping for cakes, fruit, gelatin desserts, breads and muffins. Scoop it on fresh fruit.
<b>Salad dressings and Mayonnaise</b>	Spread on sandwiches and crackers. Combine with meat, fish, and egg or vegetable salad. Use as a binder in croquettes. Use in sauces and gelatin dishes.
<b>Honey, Jam and Jelly</b>	Add to bread, cereal, milk drinks, and fruit and yogurt desserts Use as a glaze for meats such as chicken.
<b>Granola</b>	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.
<b>Dried Fruits</b>	Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings and stuffing. Bake in pies and turnovers. Combine with nuts or granola for snacks.
<b>Eggs or egg substitutes (cooked well)</b>	Beat eggs into mashed potatoes, vegetable purees and sauces. Add extra eggs or egg whites to custards, puddings, quiches, scrambled eggs, and omelets and to pancake and French toast batter before cooking. Add chopped, hard-cooked eggs to salads and dressings, vegetables, casseroles, and creamed meats.