



LEMOND  
NUTRITION  
*For The Whole Family*



# Calorie Boosters

**Avocado** – add to smoothies, toast, or salad.

**Beans/legumes** – add to chili or rice.

**Bread** – choose dense, thickly sliced bread. Aim for at least 100 calories per slice.

**Brown sugar, honey, or maple syrup** – add to hot cereal, pancakes, waffles, or tea.

**Butter, margarine, and olive oil** – add to soups, vegetables, hot cereals, and bread.

**Cereal** –

- **Cold cereal:** choose dense cereals like granola, Grape Nuts, muesli, or shredded wheat. Aim for at least 200 calories per cup. Top with nuts, seeds, and/or fruit.
- **Hot cereal:** cook oatmeal or other hot cereal with milk instead of water – add in butter, margarine, or peanut butter and top with nuts, seeds, and/or fruit.

**Carnation Instant Breakfast or protein powder** - stir into milk to have with a meal or snack.

**Cheese** – add to sandwiches, soups, sauces, eggs, or vegetables; top crackers or vegetables with cream cheese.

**Chocolate or strawberry syrup** – add to milk, ice cream, or milk shakes.

**Dried fruit** – have as a snack or add to cereals and salads.

**Hummus** - use as a dip for chips or vegetables or spread on toast.

**Jams, jellies, and preserves** - add to toast, muffins, or other baked goods.

**Mayonnaise** - put on sandwiches or use as the base of a sauce or salad dressing.

**Nonfat dry milk powder** – add to soups, casseroles, sauces, pudding, mashed potatoes, hot cereal, drinks, pancake or waffle mix, or baked products. Stir into a glass of milk to add an extra boost.

**Nut butter** – spread onto vegetables, crackers, fruit, or toast. Can also be added to hot cereal, cookies, or smoothies/milk shakes.

**Nut dust** – grind any nut (shells removed) in a blender or food processor and add to pudding, gravy, mashed potatoes, smoothies/milkshakes, casseroles, cereal, or yogurt.

**Nuts and seeds** – have as a snack or add to cereals or salads.

**Salad dressing** - use as a dip or to marinate meat and cooked vegetables.

**Soups** – choose heartier options like lentil, split pea, minestrone, or bean soups. Make canned soups more substantial by preparing with milk instead of water.

**Sour cream** - add to soups, casseroles, or as a topping for baked potatoes or Mexican food.

**Whipped cream** - use to top smoothies/milk shakes, ice cream, or fruit.