

Tips to increase calories:



- ⇒ Eat small, frequent meals
- ⇒ Drink high-calorie, nutrient-dense liquids (milk, 100% juices, protein shakes) when you're not hungry for a meal
- ⇒ Eat more when you feel hungry
- ⇒ Add healthy fats to your food (canola or olive oil, tub margarine, nuts)
- ⇒ Top meats with sauces or gravies
- ⇒ Focus on high-calorie, nutrient-dense foods
 - Use cheese liberally
 - Mix powdered milk into foods
 - Spread peanut butter on toast, apple and banana slices, celery
 - Top cereal with dried fruit and nuts
 - Drink whole milk

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