

tips for adding calories

Cancer

It is common to loose weight when receiving cancer treatment. To help maintain your weight, try to get enough calories in your diet. See the tips below for ideas to increase the number of calories you eat and prevent weight loss.

Tips for Adding Calories:

- Eat at least 3 meals and 3 snacks daily.
- Limit the amount of liquid you drink at meals to avoid filling up too fast. Drink more between meals instead.
- Add additional calories to at least one food item at each meal and snack.
- Always have favorite snack foods available.
- Set up an eating schedule and set reminders to eat.
- Eat your largest meal when appetite is the strongest.
- Add butter, oil, cheese, or cream to foods.
- Add nut butters to foods like fruit, yogurt, or ice cream .
- Add extra gravies, sauces, or salad dressings to foods.
- Add sweeteners like sugar, brown sugar, maple syrup, or honey to cereal, oatmeal, or hot beverages.
- Use 2% or whole dairy products, including milk, yogurt, cheese, and cottage cheese.
- Use higher calorie cooking methods, like sautéing or frying foods.

Foods	Serving / Calories	Suggestions
Avocado	1/3 = 80 calories	<ul style="list-style-type: none"> • Slice for sandwiches or salads • Stir into dips • Make guacamole • Serve with eggs
Butter	1 tsp = 45 calories	<ul style="list-style-type: none"> • Add to soups, potato dishes, hot cereals, grits, rice, noodles, and cooked vegetables • Top muffins, crackers, rolls, or toast • Stir into cream soups, sauces, and gravies • Combine with spices and herbs and spread on cooked meats, fish, hamburgers, and egg dishes • Use melted butter on vegetables or seafood

Source: Academy of Nutrition and Dietetics. Nutrition Care Manual. <http://nutritioncaremanual.org>. Accessed May 29, 2019.

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Cream Cheese	1 oz = 100 calories	<ul style="list-style-type: none"> • Spread on breads, muffins, crackers, or fruit slices • Add to vegetables and casseroles • Roll into balls and coat with chopped nuts, shredded coconut, herbs, or granola • Soften and season as a fruit dip
Dried Fruits	½ cup = 100-200 calories	<ul style="list-style-type: none"> • Serve in breakfast dishes, as a dessert, or eat for a snack • Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings, and stuffing • Combine with sweeter vegetables, such as cooked carrots, sweet potatoes, yams, acorn squash, or butternut squash • Combine with nuts and/or granola for snacks
Dry Pudding Mix	Calories vary per serving and variety	<ul style="list-style-type: none"> • Add dry mixes when baking cakes, muffins, or sweet breads • Add to shakes and smoothies
Granola	½ cup = 300 calories	<ul style="list-style-type: none"> • Use in cookie, muffin, and sweet bread batters • Sprinkle on yogurt, ice cream, pudding, custard, frozen yogurt, or fruit • Layer with fruit and bake • Mix with dried fruits and nuts for a snack • Use instead of bread or rice in pudding recipes
Greek Yogurt	5-6 oz = 150 calories	<ul style="list-style-type: none"> • Use in place of regular yogurt in recipes • Serve with fruit for a snack • Add to shakes and smoothies • Freeze in popsicle molds for a cool treat

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Half-and-Half or Cream	1 Tbsp = 30-50 calories	<ul style="list-style-type: none"> • Use on hot or cold cereals • Use in milkshakes or smoothies • Use in place of milk for cream soups and sauces • Mix with pasta, rice or mashed potatoes • Pour on chicken or fish while baking • Substitute for milk in recipes • Make hot chocolate with cream and add marshmallows
Honey, Jam, Sugar	1 Tbsp = 60 calories	<ul style="list-style-type: none"> • Add to bread, cereal, oatmeal, milk drinks, and fruit or yogurt desserts • Use as a glaze for meats, such as chicken or pork
Hot Fudge or Caramel	1 Tbsp = 65 calories	<ul style="list-style-type: none"> • Serve over dessert • Add to puddings, cheesecakes, and prepared items • Add to coffee
Nuts and Seeds	¼ Cup = 200 calories	<ul style="list-style-type: none"> • Serve as a snack • Use to make fudge, candy or special desserts • Crush and make a coating for fish or chicken • Add to salads or grain-based dishes
Nut Butters	2 Tbsp = 190 calories	<ul style="list-style-type: none"> • Add to shakes or smoothies • Stir in hot cereal • Spread on muffins, waffles, pancakes, English muffins, or French toast • Spread on bread or crackers for snacks • Use as a dip for fruit or veggies • Make a nut butter-based sauce

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<p>Oils (olive oil, canola oil, grapeseed oil)</p>	<p>1 Tbsp = 120 calories</p>	<ul style="list-style-type: none"> • Add to flavor most menu items and dressings • Use to pan fry meats, seafood, poultry or vegetables • Finish soups, pastas, & salads with a drizzle of high-quality oil • Use as a dip for bread • Use to make a grain-based salad
<p>Salad Dressings and Mayonnaise</p>	<p>1 Tbsp = 60-100 calories</p>	<ul style="list-style-type: none"> • Spread on sandwiches and crackers • Combine with meat, fish, eggs or vegetables • Use in sauces • Use liberally for dipping vegetables
<p>Sour Cream</p>	<p>1 Tbsp = 30 calories</p>	<ul style="list-style-type: none"> • Add to cream soups, baked or mashed potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meats, and fish • Make a dip for vegetables • Scoop on fresh fruit with brown sugar

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