Calorie Intake

NUTRITION IDEAS FOR WHAT TO EAT WHEN TO BOOSTING CALORIE INTAKES

Calorie Boosters

- 1/4 cup Nuts/Seed: 170 kcal
- 1/4 cup Trail mix or 1 granola bar: 120 kcal
- 1/4 cup dried fruit: 100 kcal
- 1 Tbsp nut butters: 100 kcal
- 1/4 cup bean dips/Hummus: 100 kcal
- 1 Tbsp oils (canola, olive): 120 kcal
- 2 Tbsp Pesto sauce: 120 kcal
- 2 Tbsp cream cheese: 100 kcal
- 1/4 cup sour cream: 100 kcal
- 1/3 avocado: 100 kcal

Tips & Tricks

Benefits
- Greater energy
- Maintain strength
- Faster recovery from illness & surgery
- Fewer infections
- Support immune system

Some challenges:
- Nausea
- Vomiting
- Bowel problems
- Taste changes
- Decreased appetite

Keep in Mind
- Eat small meals + snacks every couple hours per day
- Use small plates instead of full size dinner plates
- Eat well during times when you appetite is better
- Stimulate your appetite by relying on favorite foods

Remember to add calories:
- **Salads**: adding salad dressing, nuts, seeds, avocado, olives
- **Fruits**: layering with granola, dipping in nut butters, or baking in pies and cobblers or crisps. Try topping with sour cream or cream cheese
- Mix granola with nuts & dried fruit for snacking

ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS