

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