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## WHAT FOODS ARE GOOD TO EAT?

You should eat foods that are high in:

- Fats. Don't limit fats.
  - butter
  - margarine
  - oils
  - nuts
- Carbohydrates. These give you energy.
  - breads
  - cereals
  - rice
  - pasta
  - potatoes
- Proteins. You should eat twice as much protein as healthy people your age.
  - meat
  - chicken
  - fish
  - soy
  - eggs

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–cheese

–nuts

You may also need to take vitamin supplements. Talk with your doctor or dietitian.

### **HOW MUCH SHOULD I EAT?**

Eat enough to stay at your ideal body weight.

Your dietitian can help you plan your high-calorie diet.

### **INCREASING CALORIES**

Try to eat these high-calorie foods or add them to recipes.

#### Dairy Products

- Butter
- Margarine
- Whole milk
- Cream
- Mayonnaise
- Cream cheese
- Grated cheese
- Sour cream
- Yogurt

#### Fruit

- Dried fruits
- Fruit juice

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- Applesauce

- Berries

#### Protein

- Ground meat
- Tuna packed in oil
- Sardines
- Eggs
- Peanut butter

#### Vegetables

- Sweet potatoes
- Carrots
- Peas

#### Other:

- Gravy
- Honey
- Chopped nuts
- Nut breads

#### Good snacks to eat are:

- Granola bars
- Chips and dip

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- Peanut butter and banana
- Trail mix
- Nachos with beans and cheese
- Milk shakes
- Bagel and cream cheese
- Pizza
- Buttered popcorn
- Pudding
- Yogurt with fruit and honey
- Chocolate bars

**NOTES:**