

Nutella
(1 tablespoon)

- Spread on toast, crackers or fruit slices

Olives
(20 small, chopped)

- Add to salads, sandwiches, or salsa

Pancake Syrup
(2 tablespoons)

- Add to hot cereals, milk, or pour over ice cream

Peanut Butter
(1 tablespoon)

- Spread on sandwiches, toast, muffins, crackers, waffles and pancakes
- Use as a dip for celery, carrots, apples or bananas
- Blend into milkshakes, swirl into ice cream

Sour Cream
(4 tablespoons)

- Add to soups, baked potatoes, macaroni and cheese, eggs, stews, sauces, baked meat, fish
- Use as a dip for fresh fruits, vegetables and nachos

Whey Protein Powder
(2 tablespoons)

- Add to milkshakes, fruit smoothies, soups, mashed potatoes, casseroles, applesauce, yogurt

Whipped Cream
(2 tablespoons)

- Use as a topping for cakes, fruit, muffins, pancakes, yogurt, pudding, milkshakes, smoothies, hot chocolate, gelatin

Yogurt
(2/3 cup)

- Blend with frozen fruit and whey protein powder or powdered milk for a fruit yogurt smoothie
- Mix with granola, chopped nuts, and fruit
- Use as a topping for cakes, pancakes and waffles

100 Calorie Energy Boosters



High calorie additives and their serving sizes that will provide approximately an extra 100 calories when added to food

Avocado

($\frac{1}{4}$ cup pureed or $\frac{1}{2}$ cup sliced)

- Add to salads and sandwiches
 - Spread on toast or bagels
 - Make guacamole and eat with chips, burritos or quesadillas
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Bacon

(2 slices)

- Add to sandwiches, casseroles, vegetable dishes and salads
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Cheese

(Sliced 1 ounce or shredded 3 tablespoons)

- Add to casseroles, omelets, sandwiches, burritos, tortillas, pasta, potatoes, vegetables and bread sticks
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Chocolate Chips or Ice Cream Sprinkles

(1.5 tablespoons)

- Sprinkle on ice-cream , pudding, fruit or yogurt
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Chopped Nuts

(2 tablespoons)

- Add to cereal, ice-cream, fruit, salads, pudding, casseroles, meatloaf, sauces, soups, milkshakes

Coconut Milk

($\frac{1}{4}$ cup)

- Add to soups, hot cereal, stir fries, casseroles
 - Use in recipes in place of milk for a sweet, nutty flavor
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Cream Cheese

(2 tablespoons)

- Spread on bread, crackers and fruit
 - Mix in mashed potatoes or macaroni and cheese
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Dry Powder Milk

($\frac{1}{4}$ cup)

- Add to whole milk to increase calorie / protein content. Add to casseroles, meatloaf, sauces, soups, milkshakes
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Eggs

(1.5 medium eggs)

- Add extra eggs to pudding, quiche, pancake batter
 - Chop hard-cooked eggs and add to sandwich fillings, salads, soups
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Granola

($\frac{1}{4}$ cup)

- Add to cookie, muffin, bread batters
- Sprinkle on yogurt, ice cream, pudding, fruit
- Mix with dry fruit and nuts for a snack

Heavy Cream

(2 tablespoons)

- Add to mashed potatoes, casseroles, eggs, gravies, hot chocolate and milkshakes
 - Pour on hot or cold cereal
 - Use in place of water when cooking, such as when making hot cereal, soups, sauces, pancakes and waffles
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Ice Cream/Frozen Yogurt

($\frac{1}{2}$ cup)

- Mix with whole milk, cream or liquid nutritional supplement for a tasty milkshake
 - Eat with pie, cookies or cakes or sandwich between two cookies or graham crackers
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Margarine, Butter, Oil

(1 tablespoon)

- Add to soups, potatoes, hot cereal, rice, noodles, bread, tortillas, biscuits and cooked vegetables
 - Saute or stir-fry vegetables, meat, chicken or fish in olive or canola oil
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Mayonnaise / Salad Dressing

(2 tablespoons)

- Spread generously on sandwiches or on top of meat or fish or pour on a salad or mix into tuna or egg salad
- Dip with vegetables, fries, and chicken fingers