

CHOOSING HIGHER CALORIE FOODS AND PROTEIN BOOSTERS

Food	Calories / Protein per serving	Uses
Oils (canola, safflower, olive, or coconut)	40 calories/teaspoon 0 protein	Use in salad dressings, toss with pasta or cooked vegetables, and use in baked goods.
Butter (can use either dairy or soy butter)	35 calories/teaspoon 0 protein	Spread on toast or bread, melt onto vegetables and pasta, and use in various baking recipes.
Nuts (calories per ounce)	- Almonds, Peanuts, Cashews, and Pistachios: 160-170 calories - Walnuts: 185 calories - Macadamia and Pecans: 200 calories	Use in baked goods, sprinkle on yogurt and cereal, trail mix, salads, and stir fry. Whole nuts can be a choking hazard to children less than 3 years of age.
Nut and Seed butter (peanut, almond, cashew, and sunflower seed)	Per tablespoon: 100 calories 3-4 grams protein	Use as a dip for fruits or vegetables, spread on crackers or toast, stir into hot cereals. Some brands of sunflower seed butter are nut free.

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Eggs	80 calories per egg 6 grams protein	Use as breakfast food, add to baked goods, and when hard boiled can be eaten as a snack.
Hummus or other bean dip	Per tablespoon: 25 calories 1-2 grams	Use as dip for vegetables or a sandwich spread
Cheese	Calories per ounce - Cheddar, Swiss, Provolone, Muenster, Colby, and Goat Cheese: 100-110 calories - Mozzarella and Feta- 75-85 calories; 7 grams of protein (4 grams of protein in feta cheese)	Use as toppings for sandwiches and soups, melt into casseroles, sprinkle on vegetables, or as a snack.
Heavy Whipping Cream	45 calories/tablespoon 0 grams protein	Use as some of the liquid in hot cereal, add to milkshakes, smoothies, and other beverages. Use in casseroles, potatoes, rice, or noodles.
Whole Milk Yogurt	At least 140 calories/cup 6 grams of protein	Use as a snack, dip with fruit, or mixed into a smoothie.
Cream Cheese	50 calories/tablespoon 1 gram of protein	Spread on bagels or toast or use in dips and sauces.

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Sour Cream (Do not use reduced fat or fat free)	25 calorie per tablespoon 0 gram protein	Top on potatoes, use in dips, and mix into casseroles or soups.
Sweet Potato	• 165 calories with peel • 100 calories without peel	Use in soups, casseroles, and baked goods.
Peas	Per 1/2 cup: • 65 calories • 4 grams of protein	Mix with rice, pasta, soups, and casseroles.
Avocado	240 calories/fruit 4 grams of protein	Slice on sandwiches and salads, mash as a dip for chips and vegetables, and add to smoothies.
Banana	1 medium sized fruit 105 calories per banana 1 gram of protein	Eat as a snack, mash to put in baked goods, blend into a smoothie or milkshake, and use as a topping for cold or hot cereal.
Flax seed	1 tablespoon 45 calories 2 grams of protein	Add to salads, soups, baked goods, yogurt
Dried Fruits	Calories per ounce • Cranberries: 40 calories	Use in a trail mix, mix with yogurt, top a salad, add to cereal, or as a snack

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	• Raisins, Cherries, and Blueberries: 85-95 calories • Apricots: 65 calories	
Pure Maple Syrup	50 calories per tablespoon	Use to top pancakes or waffles, use to flavor hot cereal, yogurt, or smoothie
Honey	65 calories per tablespoon 0 grams	Use to sweeten milkshakes or smoothies, mix into hot cereal, and use as a dip for chicken. Do not give to children less than 1 year of age.
Canned Coconut Milk	25 calories per tablespoon	Add to sauces, smoothies/shakes, and soups. Do not use the light or fat free versions.
Wheat Germ		25 calories per tablespoon 2 grams protein

OTHER OPTIONS

Food	Calories / Protein per serving	Uses
Ice Cream	130-250 calories per 1/2 cup 2-4 grams protein	Milkshakes, topping for pancakes, waffles, or as a snack

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Instant breakfast (1 packet)	130 calories 5 grams protein	Mix with 8 oz. of whole milk Add to hot chocolate, pudding, milkshakes
Sweetened condensed milk	Per tablespoon 60 calories, 1.5 grams protein	Add to pudding, milkshakes, pies
Salad dressing	Per tablespoon 80-100 calories	Add to salad, raw or cooked vegetables as a dip
Mayonnaise	Per teaspoon 45 calories	Use on sandwiches, in cold salads or as a dip
Jelly/jam	Per tablespoon 55 calories	Spread on toast, biscuits, muffins Use as an ice cream topping or in a milkshake.
Milk Powder, made from whole milk	Per tablespoon 40 calories 2 grams of protein	Add to milk, yogurt, pudding, mashed potatoes, etc.