



# Condensed Energy Nutrition

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## Benefits

- Saves Time
- Saves \$\$
- Increases convenience for dietary changes

## Boosting Calories

- Add 2 or 3 large snacks in addition to your 3 meals a day
- Eat larger-than-normal portions at mealtimes
- Choose higher calorie foods, keeping fat intake in moderation
- To hydrate throughout the day, choose calorie containing beverages - milk, juice, sports drinks, etc.

## Foods to Choose

- **Cereals** - Choose dense cereals instead of flaked or puffed types. Ex) Granola, Raisin Bran, Grape-Nuts, Mini-Wheats, etc
- **Fruits** - Juices and dried fruits contain more concentrated calories

- **Milk** - Add Ovaltine, Carnation Instant Breakfast, Nesquick, etc. to boost calories
- **Sandwiches** - Choose dense bread, moderate amounts of mayonnaise and generous amounts of meats, cheese, & peanut butter, jelly, or honey
- **Soups** - Hearty bean soups (chili, minestrone, taco soup) and cream soups.
- **Potatoes** - Add powdered milk to mashed potatoes. Add cheese, sour cream, milk, butter, etc.
- **Heart Healthy Fats**– olive, canola and coconut oil. Avocados, nuts and seeds, and salmon and tuna.
- **Snacks** - Sweetened yogurt, cheese, crackers, nuts, bagels, pizza, smoothies, pudding, muffins, and energy bars
- **Trail Mix**– Portable and non-perishable. Choose a variety of nuts, dried fruit, and crackers, pretzels, or cereal.