



Snack Ideas for Gaining Weight

Gaining weight can sometimes be difficult. Try these suggestions to help increase calories:

- Eat small frequent meals
- Make meal time pleasant by cooking with friends or preparing special dishes
- Plan meal times around energy levels- if you are most energetic in the morning, plan breakfast as your biggest meal.
- Try to eat a variety of foods
- Increase your portion sizes at each sitting
- Fortify soups, sauces, and casseroles with skim milk powder, butter, or cooking oil; add extra cooking oil or butter to vegetables and pasta; use condiments to your advantage: mayonnaise, syrup, jelly, cream cheese, sour cream
- Try liquid supplements: Ensure, Boost, or Carnation Instant Breakfast for an extra 250 calories per serving, the “plus” versions of these products contain even more calories per serving. Most stores carry their own brand, which will save you money!
- Eggnog and boiled custard are “seasonal” high calorie drinks and power packed with nutrients.
- Keep nutritious snacks handy, like those listed below. Use the table on the next page for snack ideas, and try pairing selections for even more calories.

Examples for Building a Snack

- 2 slices of bread + 2 tbsp peanut butter + ½ banana + 1 tbsp honey = 550 Calories
- 1 cup pasta + 2 slices American cheese + 2/3 cup whole milk = 500 Calories
- 2 oz meat + 2 slices of bread + 2 tsp mayonnaise = 400 Calories
- 2 toaster waffles + 4 tbsp syrup = 400 Calories
- 1 oz pretzels + ¼ cup nuts + 15 goldfish crackers = 350 Calories
- 1 cup regular cottage cheese + ½ cup of fruit = 250 Calories
- 1 large bagel + 2 tbsp cream cheese = 300 Calories
- 1, 6” Tortilla + ¾ cup beans + ¼ cup shredded cheese = 300 Calories
- 2 tbsp hummus + 1 large pita = 250 Calories
- 1 small apple + 2 tbsp peanut butter = 250 Calories
- 1 cup raw veggies + 4 tbsp salad dressing = 250 Calories
- 4 vanilla wafers + 2/3 cup whole milk = 200 Calories
- ½ cup of Eggnog or boiled custard = 160 calories

The following chart lists foods of varying calorie amounts. Try pairing some of these foods together for maximum calories.

50 Calories	100 Calories		200 Calories
½ cup fruit	1 cup fruit	½ cup pudding	1 large bagel
1 small round fruit	1 cup fruit juice	2 oz lean meat/ tofu	1 cup pasta
½ banana	2 cups vegetables	1 veggie burger	½ cup stuffed pasta (ravioli, tortellini)
½ cup unsweetened applesauce	1 small baked potato	¾ cup legumes	1 large pita bread
1 cup vegetables	½ cup mashed potatoes	1 egg	1 small soft pretzel
4 saltines	1 slice bread	1 oz cheese	1 pack of sandwich crackers
15 goldfish crackers	½ bagel	¼ cup shredded cheese	1 cup granola or high calorie dry cereal
1 oz lean meat	1 6" tortilla	1 tbsp peanut butter	1 regular granola bar
½ cup 1% low fat cottage cheese	1 English muffin	½ cup soup (broth based)	3 tbsp trail mix
½ cup skim milk	1 low fat granola bar	½ cup regular cottage cheese	1 cup regular cottage cheese
½ cup fat free, light yogurt	3 cups popcorn	½ cup regular yogurt	1 cup regular yogurt
1 oz lean meat/tofu	1 oz pretzels or baked chips	1 cup skim milk	½ cup regular ice cream
1 tbsp chopped nuts	10 animal crackers	2/3 cup whole milk	4 oz lean meat/ tofu
2 tbsp hummus	4 vanilla wafers	¾ cup 2% milk	2 oz cheese
2 tbsp sour cream	¾ cup dry cereal	1 slice American cheese	2 tbsp peanut butter
2 tsp peanut butter, almond butter or cashew butter	½ cup cooked cereal	½ cup skim milk powder	¼ cup nuts
1 tbsp regular salad dressing	2 small pancakes	2 tbsp honey, syrup, jelly, or jam	1 cup soup (broth based)
1 tbsp cream cheese	1 toaster waffle	1 ½ tbsp sugar	½ cup cream soup
1 tsp cooking oil, butter, margarine, or mayonnaise			
1/8 avocado			