

It is sometimes hard to eat enough food to give your body the nutrition it needs. While decreased appetite and tolerance to some foods can be a normal part of illness and disease progression, there are ways to try to boost the amount of calories and protein you take in without having to eat more food. Consume only what you tolerate with a focus on comfort and, if you are a caregiver, encourage, but never force or insist that the person eat or drink.

Some tips for increasing calorie and protein intake:

- Add snacks between meals and at bedtime with a goal of small frequent meals.
- Avoid foods labeled “light”, “calorie-reduced” or “low calorie”.
- Use cream-based soups which have more calories than broth-based soups.
- Keep foods on hand that are ready-to-eat or easy to prepare so that you will have options when you are not feeling up to preparing food.
- Add fat sources to foods because fat is high in calories. Examples: Add avocado to sandwiches, Add butter or margarine to potatoes, hot cereals, noodles, cooked vegetables, Cook with added oil, butter or margarine, Add gravy to meats and sides, Spread cream cheese on bread or fruit slices, Add peanut butter to shakes or eat a spoonful as a snack, Use whipped cream on fruit and desserts.
- Try high calorie snacks. Examples: Peanut Butter and Jelly Sandwich, Handful of nuts, Cookies with 8 oz whole milk, Ice cream with toppings, Milkshake.
- Make your drinks count for calories. Use high calorie drinks over low calorie options. Examples: Drink juice, milk or soda instead of calorie-free coffee, tea, water or diet soda.
- Consider addition of an oral nutritional supplement to daily intake. Commercially made nutritional supplements are available at pharmacies and grocery stores. Some are ready to drink beverages, while others are powder that you can add to milk. You can also make your own shakes and smoothies at home (see **Recipes** section for some ideas).
- Use whole milk rather than low-fat or skim. You can also use fortified milk in recipes (see **Recipes** section for instructions).

Recipes

Fortified Milk

- 1 cup powdered milk to 1 quart whole milk (can divide into smaller batches by adding ¼ cup powdered milk to 1 cup whole milk)

Banana Malt

- 1 ripe banana frozen (peel, slice and place in plastic bag overnight in freezer)
- ¾ cup fortified milk
- 3 tablespoons chocolate malted milk powder
- Put ingredients in a blender and blend until smooth

Chocolate Frosty Kick

- 1/3 cup chocolate-flavored drink mix such as Nesquik®
- 1 cup fortified milk
- ¼ teaspoon cinnamon
- 1 scoop vanilla ice cream
- Put ingredients in a blender and blend until smooth

Chocolate Peanut Butter Shake

- 1/3 cup chocolate-flavored drink mix
- 1 tablespoon peanut butter
- ¼ cup fortified milk
- 2 scoops vanilla ice cream
- Put ingredients in a blender and blend until smooth

Orange Whip

- 1 cup orange juice
- ½ cup pineapple juice
- ½ cup cottage cheese
- ½ cup whole milk
- Put ingredients in a blender and blend until smooth

Peach Milkshake

- ½ cup vanilla ice cream
- 1 package (6 Tbsp) vanilla Carnation Breakfast Essentials® powder
- ½ cup half and half
- 2 canned peach halves
- Put ingredients in a blender and blend until smooth

Peanut Butter Cup Drink

- ½ cup heavy whipping cream

- 3 Tbsp smooth peanut butter
- 3 Tbsp chocolate syrup
- ½ cup vanilla ice cream
- Put ingredients in a blender and blend until smooth

PB&B Shake

- ½ cup plain yogurt
- 1 banana
- 2 Tbsp peanut butter
- ½ cup whole milk
- Put ingredients in a blender and blend until smooth

Strawberry Flip

- ½ cup frozen strawberries, thawed
- ½ cup plain yogurt
- 2 Tbsp wheat germ
- Put ingredients in a blender and blend until smooth

Strawberry Smash

- $\frac{1}{3}$ cup strawberry drink mix such as Nesquik®
- $\frac{1}{4}$ cup applesauce
- Vanilla ice cream
- Mix drink mix with applesauce
- Stir in ice cream
- Add carbonated water if desired