










ADDING CALORIES TO FOODS

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AMOUNT:	FOOD:	CALORIES:	ADD TO:
1 teaspoon	Butter or Margarine	35	Potatoes; Vegetables; Bread; Pancakes; Waffles; French Toast; Hot Cereal; Casseroles; etc.
1 Tablespoon	Sour Cream	26	Dips; Baked Potatoes; Salad Dressings; etc.
1 Tablespoon	Mayonnaise	100	Sandwiches  ; Devilled Eggs; Tuna, Egg, or Chicken Salad; etc.
1 Tablespoon 	Half and Half	20	Hot Cereal; Pudding Mix; Hot Chocolate  ; Cream Soups; etc.
1 Tablespoon	Powdered Milk	15	Whole Milk; Shakes; Mashed Potatoes; Scrambled Eggs; etc.
1 Tablespoon	Ranch Dressing	70	Chicken Nuggets; Salads;  Carrot and Celery Sticks; Baked Potatoes; etc.
1 slice (ounce)	Cheese 	100	Hamburgers; Sandwiches; Vegetables; Eggs; etc.
1 Tablespoon	Peanut Butter	100	Apple Slices; Carrot or Celery Sticks; Crackers; etc
1 teaspoon	Cream Cheese	50	Bagels; Crackers; Gelatin Molds; Toast; etc.
1 Tablespoon	Chopped Nuts	50	Ice Cream; Salads; Pudding; Fruit; Gelatin Dessert; etc.
1 Tablespoon	Chocolate Syrup	55	Whole Milk; Ice Cream; Fruit; Milkshakes  ; etc.
1 teaspoon	Vegetable Oil	40	Soups  ; Stews; Homemade Pudding; etc.

These are just a few ideas; use your imagination! Add extra calories to foods whenever possible!
Calories = Weight Gain = Improved Nutrition = Feeling Better