



## BIPPICOW DIET

(Foods to add or include in your diet to increase calories)

- B** - Butter, and lots of it!
  
- I** - Ice Cream, the richer the better!
  
- P** - Pudding, home-made with whole milk
  
- P** - Peanut butter (on crackers, celery, toast, etc.)
  
- I** - Instant Breakfast mix (add 1 pkg. to 8 ounces whole milk)
  
- C** - Cream (use half and half in recipes and on cereal)
  
- O** - Oil (add a teaspoon to a serving of soups or stews)
  
- W** - Whole milk (has more calories than 2%, 1%, or skim)

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