

Ways to Increase Calories

Weight maintenance during cancer treatment is important to avoid delays or dose reductions in the planned therapy. Your oncology dietitian can help determine if your daily calorie needs may be higher depending on your diagnosis or treatment plan.

Calorie Sources	Ideas For Use
Avocado	<ul style="list-style-type: none"> ■ Dice or slice and serve with eggs, toast, sandwiches, and salads. ■ Mash into guacamole for a dip or for a spread on toast.
Cheese*	<ul style="list-style-type: none"> ■ Melt on top of casseroles, potatoes, and vegetables. ■ Add to omelets. ■ Add to sandwiches. ■ Add cheese sticks or wedges to snacks with fruit or crackers.
Cream Cheese	<ul style="list-style-type: none"> ■ Spread on breads, muffins, fruit slices, and crackers. ■ Add to vegetables or use as a vegetable dip. ■ Roll into balls and coat with chopped nuts, wheat germ, or granola. ■ Spread on a tortilla with roasted vegetables and roll into a wrap.
Dried Fruits (raisins, prunes, apricots, dates, figs, cranberries)	<ul style="list-style-type: none"> ■ Stew dried fruits; serve with breakfast or as a dessert or snack. ■ Add to muffins, cookies, breads, rice and grain dishes, cereals, puddings, stuffing, and salads. ■ Bake in pies and turnovers. ■ Combine with cooked vegetables, such as carrots, sweet potatoes, yams, and acorn or butternut squash. ■ Combine with nuts or granola for snacks.
Eggs*	<ul style="list-style-type: none"> ■ Add chopped, hard-cooked eggs to salads and dressings, vegetables, casseroles, and creamed meats. ■ Add eggs or egg whites to custards, puddings, quiches, omelets, and pancake or French toast batter before cooking. ■ Beat eggs into mashed potatoes, vegetable purees, and sauces and heat until cooked through. ■ Avoid raw or undercooked eggs, which may contain harmful bacteria. Some treatments may make you more susceptible to foodborne illnesses.
Food Preparation	<ul style="list-style-type: none"> ■ Bread meat and vegetables. ■ If tolerated, sauté and fry foods when possible because these methods add more calories than baking or broiling. ■ Add sauces or gravies.
Granola	<ul style="list-style-type: none"> ■ Use in cookie, muffin, and bread batters. ■ Sprinkle on yogurt, fruit, ice cream, pudding, and custard. ■ Layer with fruit and bake. ■ Mix with dried fruits and nuts for a snack.
Honey, Jams, and Syrups	<ul style="list-style-type: none"> ■ Add to bread, cereal, milk drinks, and fruit and yogurt desserts. ■ Use as a glaze for meats, such as pork and chicken.

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Hummus*	<ul style="list-style-type: none"> ■ Add extra olive oil and use as a dip with crackers, pita chips, or vegetables, or spread on a tortilla and roll into a wrap.
Milk* and Cream	<ul style="list-style-type: none"> ■ Use in cream soups, sauces, egg dishes, batters, puddings, or custards. ■ Put on hot or cold cereal. ■ Mix with noodles, pasta, rice, and mashed potatoes. ■ Pour on chicken and fish while baking. ■ Use as a binder in hamburgers, meatloaf, and croquettes. ■ Use whole milk instead of low-fat. ■ Use cream instead of milk in recipes. ■ Make hot chocolate with cream and add marshmallows.
Nuts*, Seeds, and Wheat Germ	<ul style="list-style-type: none"> ■ Add to casseroles, breads, muffins, pancakes, cookies, and waffles. ■ Sprinkle on fruit, cereal, ice cream, yogurt, vegetables, and salads. ■ Keep nuts at your desk or carry them with you for snacks. ■ Roll a banana in chopped nuts. ■ Use in place of bread crumbs. ■ Blend with parsley or spinach, herbs, and cream for a noodle, pasta, or vegetable sauce.
Oils and Butter	<ul style="list-style-type: none"> ■ Add to soups, mashed and baked potatoes, hot cereals, grits, rice, noodles, and cooked vegetables. ■ Stir into cream soups, sauces, and gravies. ■ Combine with herbs and seasonings and spread on cooked meats, hamburgers, fish, and egg dishes, or use as a dip for seafood, vegetables, and bread. ■ Drizzle olive oil over vegetables, pasta, rice, chicken, and fish – just about anything!
Peanut and Almond Butters*	<ul style="list-style-type: none"> ■ Spread on sandwiches, toast, muffins, crackers, waffles, pancakes, and fruit slices. ■ Use as a dip for raw vegetables, such as carrots or celery. ■ Blend with milkshakes and other beverages. ■ Swirl through soft ice cream and yogurt.
Salad Dressings and Mayonnaise	<ul style="list-style-type: none"> ■ Use with sandwiches. ■ Combine with meat, fish, and egg or vegetable salads. ■ Use as a binder in croquettes. ■ Use in sauces and gelatin dishes.
Sour Cream and Yogurt*	<ul style="list-style-type: none"> ■ Add to cream soups, baked potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meat, and fish. ■ Use as a topping for cakes, fruit, gelatin desserts, breads, and muffins. ■ Use as a dip for fresh fruit and vegetables. ■ For a dessert, scoop onto fresh fruit, add brown sugar, and refrigerate until cold.
Whipped Cream	<ul style="list-style-type: none"> ■ Use sweetened on hot chocolate, desserts, gelatin, puddings, fruit, pancakes, and waffles. ■ Fold unsweetened into mashed potatoes or vegetable purées.

**Also a good source of protein*