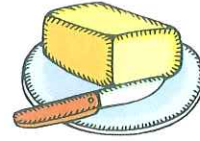


CALORIE BOOSTERS



Margarine or Butter

Add to casseroles, hot cereals, vegetables, potatoes, rice and noodles, soups
Spread on bread, sandwiches, toast, crackers, rolls, and muffins

Mayonnaise

Spread on bread, sandwiches, toast, crackers, rolls and muffins
Use in egg, chicken, tuna or meat salad

Peanut Butter

Spread on bread, sandwiches, toast, crackers, rolls, muffins, apples, bananas

Sour Cream

Use on baked potatoes or as a dip

Half-and-Half or Cream

Add to milk shakes, hot chocolate and other beverages, pour over cereals; use in cream soups and puddings

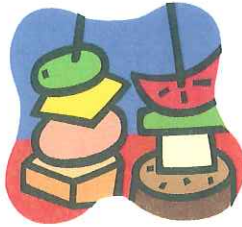
Other Calorie Dense Foods

- Ice cream floats
- Cheese
- Cream cheese
- Casseroles with added cream
- Soups (made with whole milk or half-and-half)
- Gravy
- Marshmallows
- Evaporated milk
- Fried foods
- Whipped cream
- Pudding
- Salad dressings
- Jam and jelly
- Honey
- Syrup
- Oils

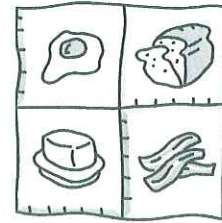
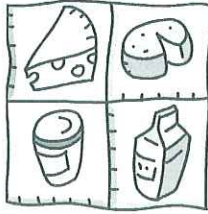
Meal Frequency

Offer three meals and three or more snacks each day

Healthy Snack List

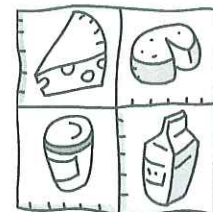
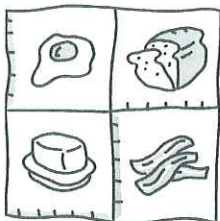


- Celery sticks with peanut butter and several raisins on top
- Rice cakes with peanut butter (good for getting a protein punch)
- Low-fat cheese cubes
- Hardboiled eggs
- Deviled egg
- Fruit yogurt cup (add in some fresh fruits or nuts for a boost)
- Trail mix
- Nuts or nut mix (stick to just a handful)
- Vegetable sticks with a little packet of dip (lowfat salad dressing packets found in salad bars work as easy-to-pack dip)
- Broccoli or cauliflower bites
- Half of a turkey or tuna sandwich on whole-wheat bread
- Cucumber slices (lightly salted or with nonfat Italian dressing)
- Yogurt and granola
- Leftover chicken or turkey slices (great to eat cold)
- Healthy fiber-rich or grain cereal (great to eat dry from a baggie)
- Pickles
- Box of raisins or other dried fruit
- Half a large whole wheat bagel with light cream cheese
- Apples, bananas, strawberries (any fruit works, these are naturally portable)
- Mixed berries (these freeze well in plastic bags)
- Whole-wheat crackers and low-fat string cheese
- Grapes in a baggie
- Fruit smoothie
- Tuna and cottage cheese



High Protein Food List

- All meats
- Milk (low fat or nonfat milk)
- Cheese (Plain or added to foods)
- Egg or Egg Substitute
- Yogurt
- Peanut Butter (On bread, crackers or fruit)
- Peanuts
- Cottage Cheese
- Powdered Milk (add to milk drinks, soups, casseroles, gravies)



Mechanical Soft Diet

Liquids: Please refer to recommendations by the physician, speech therapist or nurse.

Goal: Soft Textures

Description: Textures are soft with no tough or stringy foods. The meats have the texture of tuna flakes. No nuts, seeds, or lumps.

Food Group	Foods Allowed	Foods to Avoid
Beverages/milk	Please refer to physician order.	None
Meats and Meat Substitutes (4-6 servings/day)	Ground meats, eggs, macaroni and cheese, meat loaf, baked fish, salmon loaf, tuna fish, tuna fish salad, cheese slices, cottage cheese, pimento cheese, grilled cheese, yogurt, chicken salad, casseroles made with appropriate ingredients. Sausage should be chopped. Meats should be tender and moist. Meats are often ordered chopped or ground. <u>Use a chopper or knife for chopped meats and a blender for ground meats.</u> Chopped meats= hand chopped, dime size pieces. Ground meats=mechanically ground without liquids. Chopped or ground meats will need gravy to avoid dryness.	Fried, dry, tough, stringy meats; peanut butter, melted stringy cheese, sandwiches not listed.
Starches, breads, and cereals (6-11 servings/day)	All hot cereals, dry cereals not containing nuts or dried or fruit pieces, pancakes, waffles, muffins, biscuits, corn bread, donuts, crackers, noodles, pasta, rice, stuffing, dumplings, potatoes (no skin), bread, toast, dinner rolls.	Dry cereals containing nuts or dried fruit, granola, bagels, english muffins, muffins containing nuts, breadsticks, french bread.
Fruits (2-4 servings/day)	Canned fruits, soft baked apples (no peels), citrus sections, cherries, congealed fruit salads, apple wedges (no peels), bananas, strawberries, blueberries, stewed prunes, melons, flaked coconut. Frozen, canned, or cooked fruits and vegetables are allowed.	Fresh fruits and berries not listed, raisins, dried fruits.
Vegetables (3-5 servings/day)	Soft-cooked vegetables, souffles, beans, corn, summer squash, winter squash, chopped spinach and greens, mixed vegetables, tomatoes, sauerkraut, casseroles with appropriate ingredients. Frozen, canned or cooked vegetables are allowed.	Raw, crisp, crunchy vegetables; salads, coleslaw. No fresh fruits or vegetables, or salads made with fresh fruits or vegetables.
Soups	All allowed	None
Desserts	Soft cookies, pudding, ice cream, sherbet, Jell-O, cake, cheesecake, cream pies, fruit pies, or cobblers made with allowed fruits; chocolate, caramel, or butterscotch	Hard cookies, hard candy, chewing gum, chewy desserts.
Condiments	Margarine, butter, artificial sweetener, sugar, gravy, sour cream, ketchup, mustard, steak sauce, mayonnaise, herbs, spices.	No nuts, olives, pickles, seeds, yams, popcorn, chips, stringy cheese sauce.