

Healthy, High Calorie Snacks

High calorie does not have to mean unhealthy. Try some of the foods listed below to increase your calorie intake while still eating a healthy diet.

Cereals

- (1 cup high calorie cereal with 1/2 cup whole milk)
- Ezekiel[®] cereal = 435-475 calories
- Post Blueberry Morning[®] = 250 calories
- Frosted Wheat Cereal = 275 calories
- Raisin Bran = 275 calories
- General Mills Honey Nut Clusters[®] = 285 calories
- Post Banana Nut Crunch[®] = 315 calories
- Kellogg's Cracklin' Oat Bran[®] = 340 calories
- Granola = 570 calories
- 1 packet instant oatmeal made with 1/2 cup heavy cream = 510 calories

Dairy

- Yoplait[®] thick and creamy yogurt (any flavor): 6 ounces = 170-190 calories
- Stonyfield Farms[®] organic whole milk yogurt: 6 ounces = 170 - 210 calories
- 1/2 cup cheese curds = 220 calories
- 1 cup 4% fat cottage cheese = 240 calories
- Instant pudding made with heavy cream: 1/2 cup = 300 calories
- Smoothie made with 1 carton vanilla Greek yogurt, 1 Tbsp honey, 1 banana, and 1/4 cup half and half = 360 calories
- Flavored milk made with 3/4 cup whole milk, 1/4 cup cream, and 2 Tbsp chocolate or strawberry syrup = 415 calories
- Milkshake with 1 cup ice cream, 1/2 cup whole milk, 1/2 cup fruit = 435 calories (top with whipped cream and crushed peanuts for an extra 100 calories)

Nuts, Dried Fruit, and Peanut Butter

- 1/4 cup chocolate covered raisins = 190 calories
- 1/4 cup chocolate covered peanuts = 200 calories
- Dried fruit: 1/2 cup = 200 calories
- 2 Tbsp of nut butter* = 200 calories
- 1 apple with 2 Tbsp of nut butter* = 270 calories
- Celery with 2 Tbsp of nut butter* and 2 Tbsp of raisins = 285 calories
- Trail mix (nuts, seeds, dried fruit, pretzels, chocolate chips – buy or make your own): 1/2 cup = 350 calories
- Sandwich made with 2 slices bread, 1 Tbsp nut butter, and 1 Tbsp Nutella[®] = 350 calories
- Sunflower seeds: 1/2 cup = 375 calories
- Oil roasted mixed nuts: 1/2 cup = 435 calories

*If allergic to peanut butter, try soy nut butter, sunflower seed butter, almond butter, or cashew butter. Add to smoothies and shakes.

Crackers and Bars

- Power Bar[®] or Clif Bar[®] = average 220-260 calories
- KIND[®] Bars = 190-210 calories
- Lara Bars[®] = 190-220 calories
- 15 Tortilla chips with 1/4 cup guacamole = 230 calories (add 1/4 cup cheese to take calories up to 350!)
- Marathon Protein Bar = 150-290 calories
- 5 Akmak[®] crackers with 2 Tablespoons nut butter = 310 calories
- 5 Ritz[®] crackers with 5 cheese squares = about 220 calories

***Eat one of these high calorie snacks at least once a day.**

Condiments that Count

Ideas for 50 – 70 calories

- Sour cream: 2 Tbsp=50-60 calories
 - Put on baked potato
 - Put on burritos or tacos
 - Stir into cream soups
- Hummus: 2 Tbsp=50 calories
 - Spread on pita bread
 - Use as a dip with raw vegetables
- Wheat germ: 2 Tbsp=50 calories
 - Sprinkle on yogurt, ice cream, or pudding
 - Stir into oatmeal or cream of wheat.
 - Add to casseroles
- Chia seeds: 1 Tbsp=60 calories
 - Sprinkle on yogurt or parfaits
 - Stir into oatmeal or cream of wheat
 - Add to smoothies
 - Add to baked goods
- Large black or green olives: 5 olives=50 calories
 - Add to salads, tacos, nachos, or pastas
 - Layer on sandwiches
- Coconut (shredded): 3 Tbsp=55 calories
 - Add to trail mix, homemade granola, cookies, or cakes
 - Sprinkle over cereal or oatmeal
 - Sprinkle over ice cream or yogurt
- Guacamole or avocado: 2 Tbsp=60 calories
 - Serve with tortilla chips, tacos, or burritos
 - Add to salads
 - Serve with raw vegetables
- Cheese dip: 2 Tbsp=60 calories
 - Use as a dip for pretzels
 - Spread on apples or celery
 - Melt over broccoli or cauliflower
- Mayonnaise: 1 Tbsp=60 calories
 - Spread on sandwiches and burgers
 - Add to fruit and vegetable salads
- Salad dressing: 2 Tbsp = 145 calories
 - Serve with salads
 - Use as a dip for vegetables
 - Use as a spread with sandwiches
- Flaxseed meal (ground flax): 2 Tbsp=60 calories
 - (same uses as chia seeds)
- Honey (not for children under 1 year old): 1 Tbsp=65 calories
 - Serve on bagels and toast
 - Mix with peanut butter and spread on sandwich
 - Use as a dip for fruit
 - Add to whole milk yogurt with fruit
 - Add as sweetener to plain oatmeal.
- Scandical[®]: 2 Tbsp=70 calories.
Tasteless and mixes into anything:
 - Drinks
 - Cottage cheese or yogurt
 - Hot cereals
 - Casseroles

Ideas for 100-145 Calories

- Heavy cream: 2 Tbsp=100 calories
 - Add to mashed potatoes or macaroni and cheese
 - Use in cream soups
 - Use to make oatmeal
 - Add to eggs
 - Add to coffee
 - Add to whole milk
 - Use in a smoothie or milkshake
- Peanut butter or Nutella[®]: 1 Tbsp=100 calories
 - Spread on breads, crackers, apples, bananas, and celery
 - Add to smoothies or milkshakes
- Cream cheese: 2 Tbsp=100 calories
 - Spread on bagels
 - Use flavored cream cheese as a dip for fruits

Condiments that Count Cont.

Ideas for 100-145 Calories Cont.

- Butter or margarine: 1 Tbsp=100 calories
 - Add to vegetables, mashed potatoes, breads, muffins, pastas, casseroles, hot cereals, and eggs
 - Bake fish in butter
- Nuts or seeds: 2 Tbsp=100 calories
 - Add to trail mix, salads, cereal, ice cream, and yogurt
- Vegetable oil (olive, canola, sunflower, etc.): 1 Tbsp = 120 calories
 - Drizzle over noodles and vegetables
 - Use to make scrambled eggs

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#549.