High Calorie Food Additions

Avocado

75 calories for 1/4 avocado
- Use in dips, like guacamole, with tortilla chips
- Spread on toast or crackers

Butter and Margarine

45 calories per teaspoon
- Add to hot cereal, breads, muffins, rice, pasta, or potatoes
- Add to meat or vegetables when cooking

Cheese

100 calories per ounce or slice
- Add to vegetables, potatoes, rice, pasta, or soup
- Top bread or crackers
- Mix into eggs or casseroles

Cream Cheese

50 calories per tablespoon
- Spread on bread, crackers, or muffins
- Use as a dip for vegetables or fruit

Coconut Cream

50 calories per tablespoon
- Add to shakes or smoothies
- Add to rice for more flavor

Dry Pudding Mix

40 calories per tablespoon
- Add to shakes or smoothies
- Add to mixes when making cake, muffins or breads
Granola

300 calories per ½ cup
- Add to yogurt, ice cream or pudding
- Mix with milk and eat as cereal

Greek Yogurt

150 calories per 5-6 ounces
- Use in place of regular yogurt
- Add to shakes or smoothies
- Offer with fruit as a snack

Heavy Cream

50 calories per tablespoon
- Use in milkshakes or pudding
- Substitute for 1/3 of the milk in recipes for casseroles, macaroni and cheese, or mashed potatoes

Hummus

25 calories per tablespoon
- Use as a dip for vegetables, crackers or pretzels
- Use as a spread for a sandwich

Nut Butters

95 calories per tablespoon
- Includes peanut butter, almond butter, sunflower butter, soy nut butter, or hemp seed butter
- Add to shakes or hot cereal
- Spread on muffins, crackers, waffles, or pancakes

Oils

125 calories per tablespoon
- Includes olive oil, canola oil, vegetable oil, avocado oil, or coconut oil
- Mix oil into baby food or pureed table foods
- Drizzle oil onto cooked vegetables, pasta, or chicken
Powdered Milk

25 calories per tablespoon
- Add to milkshakes, mashed potatoes, hot cereal, ground meat, or macaroni and cheese

Full Fat Sour Cream

30 calories per tablespoon
- Add to potatoes, casseroles, sauces, or soups
- Use as a dip for vegetables, crackers, pretzels, or tortilla chips

Salad Dressing and Mayonnaise

60-100 calories per tablespoon
- Use for dipping raw vegetables, pretzels, chicken or other meats
- Use as a spread on sandwiches

Wheat Germ

25 calories per tablespoon
- Add to cereal, ice cream, or yogurt
- Mix into pancakes, waffles, hot cereal, quick bread or muffin mix