



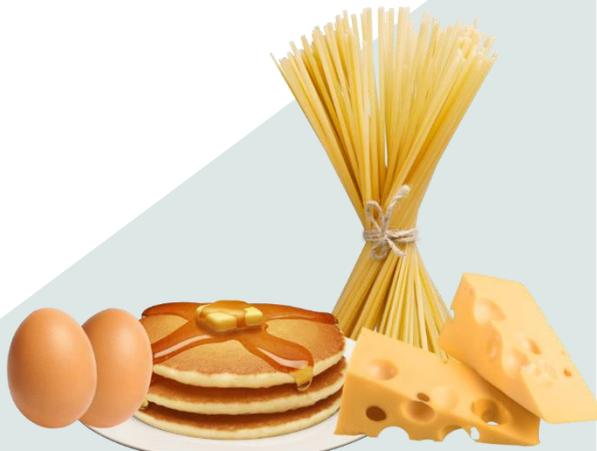
جامعة الإمام عبد الرحمن بن فيصل
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Meal Planning Tips to Increase Calorie

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1. Using cheese as dip for crackers and add grated cheese or sour cream to food as baked potatoes and pasta.
2. Try to use reduced-fat or whole milk ,in place of water when cooking
3. Add powdered milk to cream soups and mashed potatoes.
4. Use Full Fat dairy product.
5. Add extra eggs to waffles and pancake.



Meal Planning Tips to Increase Calorie

6. Add chopped/shredded meat to food.
7. Add nuts and seeds to food as ice-cream and fruit salad.
8. Add peanut butter with toast/bread or to milkshake.
9. Add beans and peas to salads.
10. Add powder cashew to pasta or soup.
11. Melt butter or olive oil over potatoes, rice, pasta, and cooked vegetables.
12. Smaller, more frequent meals (for example, 6 instead of 3 times a day).



Meal Planning Tips to Increase Calorie

13. Spread butter on bread for sandwiches before spread cheese or peanut butter.
14. Add whipped cream to desserts
15. Use mayonnaise and salad dressing on sandwiches and in dips with vegetables and fruit.
16. Add honey to desert and sandwich
17. Keep snacks available at all times, such as nuts, dried fruits and crackers and choose snacks that are high in calories and low in volume.
18. Avoid drinking liquids with meals.



Sources and References:

- Academy of Nutrition and Dietetics , nutrition care manual 2021 – 2022
- All illustrations are from Canva.com

Review and audit:

The content of this booklet has been reviewed by Clinical Nutrition at King Fahad University Hospital.

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