Avocado – add to smoothies, toast, or salad.

Beans/legumes – add to chili or rice.

Bread – choose dense, thickly sliced bread. Aim for at least 100 calories per slice.

Brown sugar, honey, or maple syrup – add to hot cereal, pancakes, waffles, or tea.

Butter, margarine, and olive oil – add to soups, vegetables, hot cereals, and bread.

Cereal –
  - Cold cereal: choose dense cereals like granola, Grape Nuts, muesli, or shredded wheat. Aim for at least 200 calories per cup. Top with nuts, seeds, and/or fruit.
  - Hot cereal: cook oatmeal or other hot cereal with milk instead of water – add in butter, margarine, or peanut butter and top with nuts, seeds, and/or fruit.

Carnation Instant Breakfast or protein powder - stir into milk to have with a meal or snack.

Cheese – add to sandwiches, soups, sauces, eggs, or vegetables; top crackers or vegetables with cream cheese.

Chocolate or strawberry syrup – add to milk, ice cream, or milk shakes.

Dried fruit – have as a snack or add to cereals and salads.

Hummus - use as a dip for chips or vegetables or spread on toast.

Jams, jellies, and preserves - add to toast, muffins, or other baked goods.

Mayonnaise - put on sandwiches or use as the base of a sauce or salad dressing.

Nonfat dry milk powder – add to soups, casseroles, sauces, pudding, mashed potatoes, hot cereal, drinks, pancake or waffle mix, or baked products. Stir into a glass of milk to add an extra boost.

Nut butter – spread onto vegetables, crackers, fruit, or toast. Can also be added to hot cereal, cookies, or smoothies/milk shakes.

Nut dust – grind any nut (shells removed) in a blender or food processor and add to pudding, gravy, mashed potatoes, smoothies/milkshakes, casseroles, cereal, or yogurt.

Nuts and seeds – have as a snack or add to cereals or salads.

Salad dressing - use a a dip or to marinate meat and cooked vegetables.

Soups – choose heartier options like lentil, split pea, minestrone, or bean soups. Make canned soups more substantial by preparing with milk instead of water.

Sour cream - add to soups, casseroles, or as a topping for baked potatoes or Mexican food.

Whipped cream - use to top smoothies/milk shakes, ice cream, or fruit.