



Increasing Calories and Protein (low-no lactose)

- Eat small frequent meals (6-8 times per day).
- Every bite & sip counts.
- Eat a variety of foods – colors, textures, flavors.
- Carry food with you at all times to enjoy while waiting in line, traveling, driving, etc.

Cals / Pro Suggested Food Item Additions

*	*	<p><u>Dairy or NON-Dairy varieties:</u> <u>Cheese:</u> add to sandwiches, hamburgers, casseroles, vegetables, eggs, potatoes, etc; <u>Cottage Cheese (if tolerated):</u> add to fruits, vegetables, casseroles, gelatin, puddings <u>Cream Cheese:</u> add to sandwiches, crackers, vegetables. <u>Lactose Free Milk:</u> use in place of water for hot cereals or soups; drink plain or with flavorings.</p>
*	*	<p><u>Eggs:</u> Add chopped, hard-cooked eggs to salads & casseroles, or just eat alone. Add an extra egg (or egg substitute) to French toast or pancake batter, quiches, custards or egg sandwich spread.</p>
*	*	<p><u>Dairy Free Ice Cream, Soy ice cream or sorbet:</u> use with beverages to make shakes/smoothies. Eat with fruits, or alone as a little treat.</p>
*	*	<p><u>Peanut Butter (or other nut butters):</u> Add to sandwiches, muffins, crackers, waffles, milkshakes. Use as a dip for vegetables or fruit slices.</p>
*	*	<p><u>Nuts/Wheat Germ:</u> Eat alone as a snack; or add to any dairy free treat, yogurt, muffins, pancakes, meatloaf, vegetable dishes, salads or sauces.</p>
*	*	<p><u>Yogurt (if tolerated)- Soy yogurt also available:</u> Eat as a snack; or add to fruits, desserts & smoothies; eat with cereal.</p>
*	*	<p><u>Meats/Fish/Tofu:</u> add to sauces, casseroles, & salads; Use breaded varieties for more calories; Serve with gravy or sauce or an bigger calorie boost</p>
*	*	<p><u>Supplements:</u> try Lactose Free Instant Breakfast mixes with a variety of beverages; Commercial liquid supplements can be found in a variety of flavors – consumed alone or added to shakes. Whey protein which is lactose free is also a good option.</p>
*		<p><u>Fruits & Vegetables:</u> Add fresh, canned or dried fruit to desserts or shakes; Add fruit preserves or pureed fruit to hot cereal. Use veggies in soups, casseroles & sauces. Enjoy <u>avocados</u> alone or in salads.</p>
*		<p><u>Breads & Cereals, etc:</u> Add cereals, waffles, pancakes or French toast to your menu; use rice or noodles in casseroles & soups; enjoy bread or rice puddings.</p>
*		<p><u>Fats:</u> Add butter/margarine or <i>oil</i> to hot cereal, rice, noodles, vegetables; do the same with sour cream on potatoes, in soups, casseroles, meat/fish dishes & sauces; Add mayonnaise or <i>avocado</i> to sandwiches; Use dairy-free whipped cream on desserts, pancakes/waffles or in shakes. Add any nut-butter as a snack with crackers or in a shake if dry mouth is a challenge.</p>
*		<p><u>Sugars:</u> Add honey, table sugar & syrups to hot cereals, shakes, desserts, yogurts, or sauces.</p>
*	*	<p><u>Beverages:</u> Choose juices, nectars, sports drinks, soymilk, almond milk, etc, instead of water.... Dilute if necessary.</p>