



WEST
CANCER CENTER
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Healthy High Calorie Foods

Try these nutritious, higher calorie foods as a snack or small meal. Eat something 4-6 times a day to increase your intake.

- Half or whole peanut butter sandwich on 100% whole grain bread topped with sliced banana.
- Sliced apple or pear or banana with peanut butter. Dip in granola.
- Homemade trail mix: nuts, raisins, low sugar cereal, sunflower seeds, unsweetened dried fruit, dark chocolate.
- Homemade peanut butter or cheese crackers with sliced apple.
- Yogurt with fruit and nuts. Top with granola.
- Half (or whole) sandwich - your choice - on whole grain bread with mayo, avocado and/or thinly sliced Granny Smith apple.
- Baked apple or sweet potato with butter, topped with nuts, raisins, and cinnamon.
- Twice baked potato made with milk, cheese, and butter.
- One-half to one cup cooked whole grain pasta (look for protein pasta like Barilla Plus) tossed with olive oil or butter and Parmesan cheese to taste.
- One cup bean, lentil, or split pea soup with 6 or more whole grain crackers.
- Half cup cottage cheese with ½ cup canned or fresh fruit. Top with chopped nuts or granola.
- One cup pinto beans topped with 1 ounce cheese. Heat until cheese melts.
- One-half cup oatmeal made with milk and topped with nuts, raisins, margarine/butter, and a bit of brown sugar.
- Cold high protein cereal of choice topped with fruit - raisins, bananas, strawberries, and chopped nuts. Serve with regular or soy milk.
- Glass of milk served with graham crackers and peanut or almond butter.
- Glass of buttermilk with cornbread.