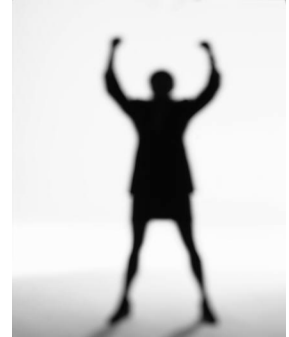




High Energy, Low Fat Diet Guidelines

This pamphlet will show you how to add extra energy (calories) to your diet without adding too much fat.



General Guidelines

1. Three smaller meals with snacks in between and in the evening may help you to eat more.
2. Low fat frozen meals and low fat entrees from the grocery store can help to save time and make meal preparation easier.
3. Choose beverages that are higher in calories more often than beverages that are sugar free or low in calories. For example, choose a low fat milkshake over coffee or tea.

Consult a registered dietitian if you are having difficulties or if you are unable to maintain your weight.

Dietitian: _____ Phone: _____

| Food Group | Ways To Add Energy |
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| Food Group | Ways To Add Energy |
|------------------------------|---|
| Grain Products | <p>Spread bread, crackers, and cookies with honey, jams, jellies, low fat spreadable cheese such as Quark, ricotta, or yogurt cheese.</p> <p>Add dried fruit (raisins, figs, prunes, apples, dates, apricots), and low fat yogurt to cereals. Make hot cereals with skim milk instead of water. Add honey, jam or maple syrup to hot cereals. Add skim milk powder to cereals.</p> <p>Cook rice in vegetable juice.</p> <p>Add low fat yogurt or fortified milk to mashed potatoes. Add low fat yogurt to baked potato.</p> <p>Add tomato sauce with low fat meat/poultry and vegetables. Add low fat yogurt to sauce for creamy texture.</p> |
| Vegetables and Fruit | <p>Add sugar to make a fruit compote.</p> <p>Pour fortified milk on fruit.</p> <p>Sprinkle low fat cheese on hot vegetables. Add low fat yogurt to mashed vegetables such as carrots and squash.</p> <p>Add low fat cottage cheese to fruits and vegetables.</p> |
| Milk Products | <p>Fortified milk</p> <p>Add 2 – 4 Tbsp skim milk powder to yogurt.</p> <p>Add low fat ice cream/frozen yogurt and jam/syrup to fortified milk* to make a milkshake.</p> <p>Add jam, fruit, dried fruit to yogurt and low fat frozen dairy products.</p> <p>Add chocolate/other flavoured syrups to fortified milk*.</p> |
| Meat and Alternatives | <p>Dip meats/poultry/fish in fortified milk and roll in breadcrumbs before baking.</p> |

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|----------------------------|---|
| | <p>Use honey/jams/syrups as a glaze for meats/poultry.</p> <p>Drizzle fish with small amount of vegetable oil (e.g. olive oil)</p> <p>Add extra egg whites to omelets.</p> |
| Other Foods | <p>Add lean meat, fish, legumes, pasta, rice, or vegetables to soup.</p> <p>Use fortified milk*, low fat yogurt, skim milk powder to make cream soups.</p> <p>Use honey as a sweetener in coffee/tea.</p> <p>Add fruit compote.</p> |
| Snack Ideas | <p>Add marshmallows.</p> <p>Make puddings with fortified milk* or add skim milk powder.</p> |
| Low fat Supplements | <p>Resource Fruit Beverage Instant Breakfast with skim milk</p> <p>Add low fat ice cream, low fat frozen yogurt, low fat yogurt, and/or fruit/jam to above.</p> |

*Fortified milk: add ¼ cup skim milk powder to 1 cup skim, 1% or buttermilk.

**These special supplements may be available at your drug store.

Produced by Dietitians of the Niagara Health System, 2006