

## High Calorie Foods

- Use whole milk dairy products. Whole milk dairy products provide many more calories than low-fat or skim milk products. This includes milk, yogurt, hard cheeses, cream cheese, cottage cheese, sour cream, and ice cream. This may mean buying double for a few items- whole milk products for your child and low-fat/skim milk products for the rest of the family. Be sure the food label states *whole milk* or *4% fat*.
- Substitute whole milk, cream, evaporated milk, or half-n-half for water when preparing soups, hot cereals, puddings, sauces, etc.
- In children over 2 years of age, add 1-2 tbsp. dry milk powder to beverages, casseroles, cream soups, puddings and other desserts that are milk based.
- Serve vegetables with cheese/cream sauces or ranch dressing.
- Add butter, vegetable oil, or mayonnaise to foods.
- Add shredded cheese to potatoes, vegetables, pasta, scrambled eggs, casseroles, melt on toasted bread, etc.
- In children who are eating food, use peanut butter as a spread on breads, crackers, fruits and vegetables. Add to shakes, puddings, pancakes, cookies, etc.
- Add sour cream to potatoes, casseroles, and sauces.
- Serve finger foods with high calorie dips. In place of plain ketchup (which is low calorie), mix mayonnaise with ketchup or use tartar sauce.
- Add avocado to vegetables, on top of crackers, with meats or beans, in tacos and other Mexican dishes.
- Select regular salad dressings instead of *lite* or *low fat* dressings.
- Add wheat germ to homemade baked goods, stir into yogurt or cooked cereals.
- Select fruits canned in heavy syrup.
- Flavor whole milk with instant breakfast powder, Ovaltine, chocolate or strawberry syrups/powders.
- Mix cottage cheese with jams, jellies, preserves, or honey (only for children over 1 year of age).
- Add sugar, brown sugar, honey (only for children over 1 year of age), or syrup to cooked cereals.

## High Calorie Easy Meal Ideas

- Biscuits and sausage gravy
- Stuffed Pastas, such as ravioli or tortellini
- Fettuccini alfredo

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- White cream sauce with chopped lunch meat over toast
- Beef or chicken stroganoff
- Stew
- Cook chicken, pork or beef in crock pot at low temperature all day for shredded meats to use in casseroles, burritos, etc.
- Corned beef hash
- Egg salad sandwich (for children over 1 year of age)
- Refried beans mixed with sour cream and melted cheese with whole wheat tortilla