



# High Calorie Liquid Diet

## General Tips

- Eat smaller more frequent meals, such as 6-8 meals each day.
- Use whole milk or evaporated milk when drinking or cooking.
- Use nutritional supplements each day, such as Instant Breakfast, Ensure, or Boost.
- Fortify whole milk with dry milk powder – 1 cup powder to 1 quart milk.
- Use regular yogurt, cottage cheese, and ice cream in smoothies and milkshakes.
- Add 1-3 tsp of vegetable oil to milkshakes or smoothies.
- Drink higher calorie beverages, such as whole milk, soy or rice milk, Eggnog or boiled custard, juice, Kool-Aid, or any other nutritional supplements (see on following page).

## Try Blenderized Foods

- Any food can be blenderized, but solid foods will need to be thinned with some type of liquid. All solid foods should be blended well and strained if needed.
  - **Meats, fish, poultry, & ham:** blend with broths, whole milk, vegetable juice, tomato juice or paste, pureed baby foods, gravies, or sauces.
  - **Vegetables:** blend with vegetable or tomato juice, broths, strained baby vegetables, or salad dressing.
  - **Starches:** potatoes, pasta, and rice may be blended with whole milk, broth, creamed soups, gravies, sour cream, or sauces. Consider hot cereals, such as Cream of Wheat/Rice, grits, etc.
  - **Fruits:** blend with their own juice or syrup from a can, other fruit juice, strained baby fruits, whipping cream, half and half, cottage cheese, yogurt, custard, pudding, cheesecake, Kool-Aid, Hawaiian Punch, or nectar juices.
  - **Cereals:** mix with the high calorie beverage ideas listed above. Add sugar, brown sugar, honey, molasses, syrup, butter, margarine, and jellies or jams.
  - **Mixed dishes:** lasagna, spaghetti, macaroni and cheese, chili, stew, pizza, casseroles, can all be mixed with a liquid of your choice - blend well and strain.

## High Calorie Liquid Supplements

- Try Ensure Plus or Boost Plus. The “Plus” varieties have more calories than just regular Ensure or Boost. Try store brands too (they’re nutritionally equal) –
  - ❖ Kroger Fortify, Walmart’s Equate, Food Lion’s NutraFit, K-mart’s Complete Nutrition Drink, Walgreen’s Nutritional Drink, and Giant’s Nutritional Drink.
- Try Instant Breakfast mixed with whole or 2% milk. Try soymilk, rice milk, or Lactaid milk if you’re lactose intolerant. Available in **sugar-free** too!
- Other “juice-based supplements,” include Boost Breeze, Resource Fruit Beverage and Enlive. For Enlive, call Ross Products – 1-800-986-8502, [www.rosstore.com](http://www.rosstore.com).
- During the holiday season try Eggnog or boiled custard (not as sweet as Eggnog) for a high calorie tasty treat.
- Make your own homemade high calorie smoothies or milkshakes with a blender.
  - Add sherbets, frozen concentrated juices, canned fruit, or other fruit juices
  - Add ice cream, regular yogurt, cottage cheese, custard, or whipping cream
  - Add whole milk, fortified milk, or hot chocolate mixes

## **High Calorie Drink Recipes**

<u>Fruit and Cream</u> 1 cup whole milk* 1 cup vanilla ice cream 1 cup canned fruit in heavy syrup (peaches, apricots, pears) Almond or vanilla extract to taste	<u>High Protein Smoothie</u> 1 cup pears or peaches ½ cup cottage cheese ½ cup fortified milk*	<u>Super Milkshake</u> ½ cup fortified milk* 1-2 scoops high fat ice cream 1 packet Instant Breakfast
<u>Chocolate Peanut Butter Shake</u> 1 can chocolate Sustacal** 2 tbsp peanut butter 2 scoops vanilla ice cream	<u>Delicious High-Calorie Malt</u> ½ cup whole milk* 1 tbsp malted milk powder ½ cup half and half 1 oz package instant breakfast 2 cups ice cream, any flavor 2 tbsp Ovaltine	<u>Fruity Yogurt Sipper</u> 1 ripe large banana or 2 medium peaches, peeled and pitted 1 ½ cups fortified milk* 8oz carton vanilla yogurt 1-2 tbsp powdered sugar ½ cup ice cubes

<u>Strawberry Yogurt Frappe</u> 1 cup strawberries ½ cup strawberry yogurt ½ cup fortified milk* ¼ cup orange juice Dash vanilla	<u>Banana Apple Smoothie</u> 1 small banana 1 cup cottage cheese ½ cup apple juice	<u>Tropical Sensation</u> 1 cup raspberry yogurt 1 frozen ripe banana ½ cup orange juice
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<u>Chocolate Peanut Butter Pudding</u> 2 cups chocolate pudding ½ cup peanut butter 2 ½ tbsp. nonfat dry milk 1/3 cup whole milk*	<u>High-Protein Milkshakes</u> 1 cup fortified milk* ½ cup ice cream ½ tsp vanilla extract 2 tbsp of your favorite fruit syrup or sauce <b>For variety add:</b> ½ cup banana and/or 2 tbsp peanut butter and/or 2 tsp sugar	<u>Orange Breakfast Nog</u> 1 ½ cups buttermilk 2 tbsp brown sugar 1 tsp vanilla 2-3 large ice cubes 1/3 cup of frozen orange juice concentrate
<u>Frozen Fruit Slush (Non-Dairy)</u> 6 ounce can frozen fruit juice 4 tbsp sugar 3 cups crushed ice	<u>High Protein Fruit Drink (Non-Dairy)</u> 8 ounce Resource** ½ cup sherbet 6 oz ginger-ale	<u>Slushy Punch (Non-Dairy)</u> 1 cup sugar 2 ripe medium bananas, cut up 3 cups pineapple juice 2 tbsp lime juice 6 oz can frozen orange juice 1-liter bottle carbonated water or lemon-lime beverage, chilled (add after above items are blended)

**To make, combine all ingredients in a blender and blend until smooth. Chop fruit before blending.**

*\*Any flavor or vanilla liquid supplement, fortified milk or whole milk can be used*

*\*\* Use any supplement with the appropriate flavor*

