

Foods and Drinks That Are High in Calories or Protein



This list may help if you need ideas for keeping your weight the same.

| Types of Foods and Drinks | Includes . . . |
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| Soups | Cream soups |
| Drinks | Instant breakfast shakes Milkshakes Whole milk (instead of low-fat or skim) |
| Main meals and other foods | Beans, legumes Butter, margarine, or oil Cheese Chicken, fish, or beef Cottage cheese Cream cheese on crackers or celery Deviled ham Eggs, such as scrambled or deviled eggs Muffins Nuts, seeds, wheat germ Peanut butter |
| Desserts and other sweets | Custards Frozen yogurt Ice cream Puddings Yogurt |
| Replacements and other supplements | Powdered milk added to foods (pudding, milkshakes, or scrambled eggs) High-protein supplements, such as Ensure® and Carnation® Instant Breakfast® |