

Power-packed Foods

- Eggs, deviled eggs, omelets
- Meat
- Beans, refried beans
- Tofu
- Hummus
- **Peanut butter***
- **Nuts/seeds***
- Cheese
- Cottage cheese
- Whole milk
- Pudding
- Yogurt
- **Dried fruit***
- Bananas
- Avocados
- Sweet potatoes
- **Corn***
- **Olives***
- Oatmeal
- Whole grain breads and pastas
- **Granola***
- Pizza

* Use caution, choking hazard for children.



How to Use Power-packed Foods

Dairy

- Add whole milk to soup, pudding, cereal, potatoes, eggs, casseroles, and pancakes.
- Add non-fat dry milk powder or canned evaporated milk to milk, milkshakes, casseroles, soups, sauces, gravy, pudding, potatoes, hot cereals, and cocoa mix.
- Add cheese to eggs, sandwiches, pasta, potatoes, fruit, vegetables, salads, pizza, crackers, and beans.
- Add yogurt to pancakes, cereal, and fruit.
- Add Carnation Breakfast Essentials™ to milk, milkshakes, or pudding.

Protein

- Add meats and beans to soups, casseroles, stews, salads, and pasta.
- Add nuts to ice cream, salads, cereal, yogurt, and pasta.
- Add peanut butter to fruit, vegetables, milkshakes, graham crackers, nut breads, toast, pancakes, and waffles.
- Use eggs in quiche, casseroles, salads, and sandwiches.



Whole Grains

- Add granola to salad, fruit, yogurt, casserole, ice cream, and cereal.
- Serve french toast, pancakes, or waffles, with yogurt or peanut butter.
- Make small sandwiches or wraps with power-packed foods.
- Make hot cereals with whole milk or canned evaporated milk.
- Serve whole grain breads and bagels with cream cheese or peanut butter.



Fruit/Vegetables

- Add fruit to milkshakes, yogurt, pudding, Jell-O®, ice cream, pancakes, waffles, and **trail mix**.*
- Add vegetables to casseroles, meatloaf, cream soups, and pastas.
- Sauté vegetables in healthy oils.

Power-packed Snacks

- **Nut breads*** – pumpkin, zucchini, banana nut.
- Oatmeal cookies.
- Rice pudding.
- Fruit and yogurt smoothies.
- Granola bars.



Sometimes, These Fats and Sugars can be Used for Extra Calories

Half and half cream, sour cream, cream cheese, mayonnaise, gravy, cheese sauce, maple syrup, butter, olive oil, salad dressing, jam or jelly.

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Department of Health

Women, Infants, and Children Program (WIC)

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