

# C-10 Power-packed Foods for Children and Women Who Need Extra Calories



## 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.

## Consider Using These Fats and Sugars 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.

## Power-packed Snacks

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

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Department  
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