<table>
<thead>
<tr>
<th>Nutrition Intervention</th>
<th>Uses</th>
</tr>
</thead>
</table>
| Margarine or Butter        | *Add to casseroles, hot cereals, Vegetables, potatoes, rice, noodles and soup  
                                *Spread on bread, sandwiches, toast, crackers, rolls and muffins       |
| Mayonnaise                 | *Spread on bread, sandwiches, toast, crackers, rolls and muffins       |
| Peanut Butter              | *Spread on bread, sandwiches, toast, crackers, rolls, muffins, apples, bananas |
| Sour Cream                 | *Use on baked potatoes                                                |
| Half-and-half or cream     | *Add to milkshakes, hot chocolate, and other beverages, pour over cereals, use in cream soups and puddings |
| Skim Milk Powder           | *Add ½ cup of powdered milk to one pint of whole milk and use in recipes for creamed soups, hot cocoa, cooked cereals, cooked custard or pudding, casseroles, and mashed potatoes  
                                *Skim milk powder can also be added to scrambled eggs, soups, casseroles, meat loaf or meat balls |
| Cheese or Cheese Sauce     | *Add grated or melted cheese to vegetables, casseroles, soups, eggs     |
Instant Breakfast Shake
*Combine and mix well, one packet instant breakfast mix, one-cup whole milk or half-and-half, ½ cup ice cream

Other High Protein Foods
*cottage cheese, yogurt, meat, fish, poultry

Other Calorie Dense Foods
*Casseroles with added cream
*Cheese, Cream Cheese
*Puddings
*Evaporated Milk, Whipped Cream
*Fried Foods, Gravy
*Honey, Jam and Jelly, Syrup
*Ice Cream Floats and Sundaes
*Soups made with whole milk or half-half

INTERNET RESOURCES

American Dietetic Association
www.eatright.org

American Diabetes Association
www.diabetes.org

National Cancer Institute
www.cancer.org

AARP Health Page
www.aarp.org/health/

National Institute on Aging
www.nia.nih.gov

Mayo Clinic
www.mayoclinic.org

US Food and Drug Administration
www.fda.gov

US Department of Agriculture
www.choosemyplate.gov