

NUTRITION INTERVENTIONS FOR WEIGHT LOSS

Margarine or Butter	<p>*Add to casseroles, hot cereals, Vegetables, potatoes, rice, noodles and soup</p> <p>*Spread on bread, sandwiches, toast, crackers, rolls and muffins</p>
Mayonnaise	<p>*Spread on bread, sandwiches, toast, crackers, rolls and muffins</p>
Peanut Butter	<p>*Spread on bread, sandwiches, toast, crackers, rolls, muffins, apples, bananas</p>
Sour Cream	<p>*Use on baked potatoes</p>
Half-and-half or cream	<p>*Add to milkshakes, hot chocolate, and other beverages, pour over cereals, use in cream soups and puddings</p>
Skim Milk Powder	<p>*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</p> <p>*Skim milk powder can also be added to scrambled eggs, soups, casseroles, meat loaf or meat balls</p>
Cheese or Cheese Sauce	<p>*Add grated or melted cheese to vegetables, casseroles, soups, eggs</p>

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