

## Simple Ways to Increase Calories with Short Bowel Syndrome\* (200 Calorie Portions)

### Crackers

- 15 saltine crackers
- 1 cup soup/oyster crackers
- 80 Goldfish® crackers or 1.5 ounce bag
- 9 Breton® crackers
- 12 Ritz® crackers
- 22 Wheat Thins®
- 40 Cheese Nips® or Cheese-Its®
- 1 pack of peanut butter or cheese crackers (6 per package)
- 4 breadsticks (7"-8")
- 13 water crackers
- 30 small pretzel twists
- 30 Baked Lays® chips
- 9 ak-mak® crackers

### Breads/Starches

- 1 small bagel
- 1 cup any type of plain, cooked pasta
- ½ cup stuffed pasta (ravioli, tortellini)
- 1 large baked potato
- 1 large pita bread
- 4 small corn tortillas
- 1 large (10") flour tortilla
- 1 small soft pretzel
- 1 large plain muffin
- 2 plain frozen waffles (no syrup)
- 1 frozen Belgian waffle (no syrup)
- 1 cake donut (plain, no icing)

### Cereals

- 1 cup **unsweetened** cooked cereal such as:
  - Oatmeal
  - Cream of Wheat®
  - Grits
  - Cream of rice
- 2 cups **unsweetened** dry cereal such as:
  - Rice Chex®
  - Rice Krispies®
  - Cheerios®
  - Cornflakes

### Protein

- 4 oz meat
- 2 oz any hard cheese
- ¼ cup chopped nuts
- 2 tablespoons:
  - Peanut butter
  - Almond butter
  - Cashew butter
  - Other nut butter
- ¼ cup regular cream cheese
- 1/2 avocado
- 4 Bagel Bites®

### "Desserts" (no more than 1 serving per day)

- 1 package of 4 BelVita® biscuits
- 6 Lorna Doone® cookies
- 6 graham cracker halves (squares)
- 20 animal crackers (no icing)
- 11 Nilla® wafers
- 10 Nabisco® Social Tea biscuits
- 2 small slices Angel food cake
- 6 Nabisco® Ginger Snaps

\*Examples only; UVA Health does not promote any specific brands or products

## 200 Calorie Mixed Snacks

**Choose one item from EACH column**

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| <ul style="list-style-type: none"><li>• 6" banana</li><li>• 1 medium potato</li><li>• ½ cup mashed potatoes</li><li>• 1 cup any pasta</li><li>• 1 slice bread</li><li>• 1 potato roll</li><li>• ½ large or 1 small bagel</li><li>• 6" flour tortilla</li><li>• 6" corn tortilla</li><li>• 1 medium pita bread</li><li>• ¼ piece of naan bread</li><li>• 2, 6" slices of flat bread</li><li>• 1 English muffin</li><li>• 1 small muffin</li><li>• 1 oz (small bag) pretzels or baked chips</li><li>• ½ cup cooked cereal</li><li>• ½-¾ cup dry cereal</li><li>• 2 small pancakes (no syrup)</li><li>• 1 toaster waffle (no syrup)</li><li>• 1 small cake donut—no sugar or icing</li><li>• 3 graham cracker squares</li></ul> | <ul style="list-style-type: none"><li>• 1 tablespoon smooth unsweetened:<ul style="list-style-type: none"><li>○ Peanut butter</li><li>○ Almond butter</li><li>○ Cashew butter</li><li>○ Macadamia nut butter</li><li>○ Sunflower seed butter</li></ul></li><li>• 1 ounce (¼ cup) shredded cheese</li><li>• ¼ cup grated Parmesan cheese</li><li>• 1 large egg</li><li>• 2 tablespoons cream cheese (or 3 tablespoons if whipped)</li><li>• ½ cup low fat cottage cheese</li><li>• 1, 2" slice of hard cheese</li><li>• 4 ounces lean ham or turkey</li><li>• 3 ounces lean roast beef</li><li>• ¼ can tuna with 1 tablespoon light mayonnaise</li><li>• 2-3 tablespoons plain hummus</li><li>• ¼ avocado</li><li>• ½ tablespoon (1½ teaspoons) butter or margarine</li><li>• 1 tablespoon regular mayonnaise</li></ul> |
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