

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

200 Calorie Mixed Snacks

Choose one item from EACH column

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