

High Calorie Foods

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Fruits:

Bananas, Cherries, Canner Fruit in Juice, Currants and Raisins, Dates and Figs, Fruit Juices, Fruit Juice Bars, Mangoes, Pineapple, Plantains, Dried Fruits

Breads/Cereals:

All-Bran, Bran-Buds, Breads (heavy, dense), Fruitful-Bran, Fruit Squares, Low-Fat Granola, Pasta, Rice and Barley, Wheat Germ (mix in food), Cooked Cereals (i.e. Bulgar, Grits, Oatmeal, etc.)

Vegetables:

Corn, Lima Beans, Parsnips, Peas, Potatoes, Succotash, Sweet Potatoes, Winter Squash (i.e. Acorn, Butternut)

Dairy:

Nonfat Cheese, Nonfat Dry Milk (mix into food), Nonfat Frozen Desserts, Soy Milk, Nonfat Frozen Yogurt

Meats and Meat Substitutes:

Beans (Garbanzo, Kidney, Navy, Pinto, etc.)

Fish (Bluefish, Butterfish, Chubb, Herring, Mackerel, Pompano, Salmon, Sardines, Swordfish, Tuna)

Textured Vegetable Protein

Tofu

Other:

Gainers Fuel/Gainers Fuel 1000 (high-calorie, high protein, nutrient-dense, dry mixes to add to water, juice, milk, frozen yogurt, etc.)