

400-Calorie Snacks

chicken pot pie (frozen)
chili (1 cup)
corned beef hash (1 cup)
dried banana chips (1 cup)
eggnog (10 oz)
fish sticks (6 count)
ham (4 oz)
Hamburger Helper® (½ cup cooked)
homemade macaroni & cheese (1 cup)
homemade milkshake (1 cup)
homemade pie (any type)
Met-RX Bar® Big 100
peanuts (3 oz)



pepperoni pizza (2 slices)
regular ice cream (1½ cup)
scalloped potatoes with ham & cheese
(1 cup)
strawberry shortcake with
whipped cream (1 serving)
tuna noodle casserole (1½ cup)

Nutritional Supplements

Abbott Nutrition: abbottnutrition.com

- Ensure® (250 calories per 8 oz)
- Pediasure® (237 calories per 8 oz)

AXCAN Pharma: axcan.com

- Scandishakes® (600 calories mixed in 8 oz milk)

Dean Dairy: deandairy.com

- Chug® Milk Shake (440 calories per 12 oz)

Nestlé Nutrition: nestle-nutrition.com

- Boost® (240 calories per 8 oz)
- Carnation Instant Breakfast Essentials® (250 calories per 8 oz)
- Peptamen 1.5® (375 calories per 8 oz)
- Resource® (250 calories per 8 oz)

(Available in multiple flavors including chocolate & vanilla)



**THE UNIVERSITY OF ARIZONA
PEDIATRIC PULMONARY CENTER**

1501 N. Campbell Ave.
Tucson, AZ 85724-5073

www.uappc.peds.arizona.edu

Phone: 520-626-2962
Fax: 520-626-5942

Snack Your Way To Improved Lung Function



- One of the best ways to boost your energy intake is to eat concentrated sources of calories.
- Foods in small volume pack in a lot of calories and take less time to eat.
- Remember to always take your enzymes with food and beverages.

100-Calorie Snacks

apple (1 large)
angel food cake (one 2" slice)
avocado (1/2 small)
bacon (2 slices)
banana (1 medium)
cashew nuts (8)
cheese (1 slice)
dried apricot halves (10)
fresh strawberries (2 cups)
ginger snaps (3)
graham crackers (3)
grape juice (5 oz)
jam (1 1/2 Tbsp)
lean roast beef (2 oz)
lemonade (8 oz)
low-fat yogurt (4 to 6 oz)
macaroon (1)
oatmeal cookie (1)
raisins (2 tsp)
roasted peanuts (8-10)
sugar wafers (6)
vanilla wafers (5)



200-Calorie Snacks

Balance Bar®
beef taco (1)
butterscotch sauce (2 Tbsp)
Cheez-It® crackers (33)
Cheetos® Crunchy Cheese (1 oz)
chocolate milk (1 cup)
chocolate pudding (1 cup)
Danish pastry (1 small)



English muffin with 1 Tbsp margarine
French fries (10)
fudge (2 oz)
Hershey® bar (1 1/8 oz)
ice cream (1 cup)
jelly beans (20)
jelly donut (1)
Luna Bar® (Lemon Zest)
pancake (4") with 1 tsp margarine and
1 Tbsp syrup
peanut butter (2 Tbsp)
peanut butter and jelly sandwich (1/2)
pizza (1/8 of a 14")
tostada (1 small)
yogurt (1 cup)

300-Calorie Snacks

Burger King® Whopper Jr.®
banana split (10 oz)
brownie with nuts (one 4"x6")
chocolate chip cookies (6)
eclair with icing (5")
Fritos® corn chips (2 oz)
lemon meringue pie (1 slice)
macaroni and cheese (2/3 cup)
McDonald's® cheeseburger
McDonald's® vanilla shake (8 oz)
milk chocolate with almonds (2 oz)
oatmeal cookies with raisins (5)
pancakes (two 6")
peanut butter (3 Tbsp)
pound cake (one 6"x6" slice)
pumpkin pie (1 slice)
Snickers® bar (2 1/2 oz)
soft ice cream (1 cup)
spare ribs (3 oz)
tacos (2)

