



BIPPICOW DIET

Foods to Add or Include in Your Diet to Increase Calories

B – Butter, and lots of it!

I – Ice Cream, the richer the better!

P – Pudding, homemade with whole milk

P – Peanut butter (on crackers, celery, toast, etc.)

I – Instant breakfast mix (add 1 pkg. to 8 ounces whole milk)

C – Cream (use half and half in recipes and on cereal)

O – Oil (add a teaspoon to a serving of soups or stews)

W – Whole milk (has more calories than 2%, 1% or skim)