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# DoctorDoug.com

## **HERE IS A LIST OF FOODS TO HELP YOU GAIN WEIGHT AFTER ILLNESS**

**This is more comprehensive than just using ENSURE**

- Ensure and Ensure Plus
- Boost
- Polycose ( a flavorless powder that can be added to liquids and semi-solids to boost caloric content)
- DuoCal (similar to polycose)
- Starbucks Frappucinos and Flavored Lattes
- Ensure Pudding
- Ensure Bars
- Enlive (clear liquid with a juice like flavor) This must be ordered either on line or from your pharmacist. It is made by Ross products which is Abbott Nutritional
- Drinkable yogurts
- Sports Bars such as Met Rx, Balance Bars, Cliff Bars
- Dairy Queen Blizzards-add protein powder to these
- Jamba Juice
- Smoothie King
- Weight Gainer Fuel (a powder that is mixed into milk or water)
- Carnation Instant Breakfast
- Malt Powder added to milk or yogurts
- Milkshakes