It may sound strange for us to provide tips to boost calories when some are trying to cut back. But some people have difficulty meeting even the minimum calories in their recommended ranges, whether because of lack of hunger, loss of appetite, or just out of habit of eating too little. Eating within your calorie range is important for your body to work properly. In addition, you need to eat enough calories to meet nutritional needs, maintain a healthy metabolic rate, and stay energized. Eating too little will actually hurt your weight loss efforts. Many people make the mistake of "the less I eat, the more I'll lose," but that's not necessarily true.

The following tips and food suggestions can help. By applying one or two each day, you may find that you are back on track and in-control of a healthy caloric intake.

- Carry snacks with you so that you are prepared to eat every 2.5-3 hours
  - Examples: trail mix, vegetables with dip or hummus, greek yogurt, pepperettes, cheese and crackers or a fruit
- Snack on nuts or seeds.
  - Some examples: Pistachios, Walnuts, Almonds, Cashews
- Add slices of avocado to your salad or sandwich
- Add low-fat cheese to chili
- Use low-fat milk instead of water when making oatmeal or cream of wheat
- Limit low-calorie beverages such as diet drinks and replace with a glass of milk
- Make your own salad dressing with olive oil and vinegar
- Include higher fibre carbohydrates including brown rice, whole wheat pasta, sweet potatoes or quinoa to your dinners.
- Have a bean salad for a snack
  - Simple recipe: beans, cucumber, tomato, lemon juice and balsamic vinaigrette
- Add some flax or chia seeds to cereal, oatmeal, salads, etc.
- Add granola to your yogurt
- If you don't have an appetite, try having a shake with a scoop of protein powder, milk, and a cup of berries