



Ways to increase your intake of protein and calories

This booklet will show you how to add extra protein and calories to your diet to:

- ◆ help with wound healing
- ◆ rebuild muscle
- ◆ help you to gain weight or prevent further weight loss
- ◆ improve your nutrition

Goals:

1. _____

2. _____

3. _____

Name: _____ Date: _____

Dietitian: _____ Phone: _____

Ideas to help increase your food intake

- ◆ Follow Canada's Food Guidelines to Healthy Eating.
- ◆ Include extra servings of high protein and / or high calorie foods.
- ◆ Eat small frequent meals.
- ◆ Eat snacks between meals.
- ◆ When you go out, take a snack.
- ◆ Keep easy to prepare foods on hand – frozen dinners, canned foods, eggs.
- ◆ Drink juice, milk or milkshakes.
- ◆ Don't fill up on low calorie fluids like coffee, tea or broth.
- ◆ Try to eat more when your appetite is good.
- ◆ Let friends and family prepare meals.
- ◆ Ask your Dietitian about nutrition supplements.



Ways to increase protein

Skim Milk Powder

Add 2 –4 tablespoons (30-60ml) to 1 cup (250ml) serving of:

- ◆ milk, milkshake, hot chocolate, pudding mix, custard
- ◆ desserts, baked goods
- ◆ soup, sauces
- ◆ hot cereal
- ◆ mashed potato
- ◆ scrambled egg
- ◆ casseroles

Yogurt

- ◆ choose 4% B.F. (butter fat) or M.F. (milk fat) or greater
- ◆ use as a snack or dessert
- ◆ add to fruit, cereal, milkshakes
- ◆ try frozen
- ◆ use in dips, sauces

Cheese, Cottage Cheese

- ◆ add to casseroles, soups, sauces, mashed potatoes, vegetables, rice, pasta, salads, meat loaf, egg dishes
- ◆ use on bread, bagels, muffins, crackers, vegetables, fresh fruit

Eggs

- ◆ slice or chop cooked eggs for salad, casseroles, soups, sandwich fillings
- ◆ add extra eggs to french toast or pancake batter, cookie or cake batter, custards, quiche
- ◆ **do not use raw eggs in foods that will not be cooked**
- ◆ liquid eggs in a carton can be used (are pasteurized) ex. Break-free™, Omega-pro™

Nuts, Seeds

- ◆ have as a snack
- ◆ add to ice cream, yogurt, pudding, salads, vegetables, pastas, baked goods

Peanut Butter

- ◆ spread on toast, crackers, sandwiches, muffins, vegetables, fruit
- ◆ mix in yogurt, milkshakes, ice cream, hot cereal
- ◆ add to baked goods

Peas, Beans, Lentils, Tofu

- ◆ add to soups, pasta, rice, casseroles
- ◆ use in dips, sauces

Meat, Fish, Poultry

- ◆ add to soups, casseroles, omelets, quiche, salads, pasta, sauces, vegetables, sandwich fillings
- ◆ use on crackers, bread



Ways to increase calories

Butter, Margarine, Oil

- ◆ add to potatoes, hot cereals, rice, pasta, cooked vegetables, soups, casseroles, sauces
- ◆ spread on bread, crackers, rolls
- ◆ mix with herbs and spread on meat fish, poultry

Whole Milk, Cream (10 or 18%), Whipping Cream

- ◆ drink whole (homogenized) milk
- ◆ add to coffee, tea, hot chocolate or milkshakes
- ◆ use in soups, sauces, custard, pudding, baked goods, mashed potatoes
- ◆ use on cereal, fresh fruit

Cream Cheese

- ◆ add to casseroles, egg dishes, sauces, mashed potatoes
- ◆ spread on fruit, bagels, bread, muffins, crackers, sliced meats

Salad Dressing, Mayonnaise, Sour Cream

- ◆ add to salads and sandwiches
- ◆ use in dips, salad dressing, sauces, casseroles, sandwich fillings

Ice Cream

- ◆ use in milkshakes or as a snack

Dried Fruit, Granola

- ◆ add to cereals, salads, desserts, yogurt, baked goods
- ◆ mix with nuts and seeds for a snack

Jam, Jelly, Syrup, Honey, Sugar

- ◆ add to hot or cold cereals
- ◆ use to top fruit ice cream, pudding
- ◆ use on bread, crackers, muffins, waffles, pancakes, french toast
- ◆ use as a glaze for meat, vegetables

Nutritional Supplements

- ◆ can help you increase the protein and calories in your diet
- ◆ can be found in your local drug store or in the pharmacy section of grocery and retail stores
- ◆ different brands are similar in nutritional content and come in many flavours
- ◆ can be served cold, on ice or at room temperature

Powdered Mixes (mix with milk to drink):

Nestle Breakfast Anytime!
Resource Instant Breakfast
Slim Fast

Lactose-free, clear, fruit-flavoured beverages:

Boost fruit beverage

Lactose-free, milk-like beverages:

Boost, Boost Plus, Boost With Fibre
Ensure, Ensure Plus, Ensure–High Protein, Ensure with fibre, TwoCal HN
Glucerna (for individuals with Diabetes)
Resource, Resource Plus, Resource 2.0
Nutren 1.0, Nutren 1.5, Nutren 2.0
President's Choice Ultrashake, President's Choice Ultrashake Plus
Truly Nutrition Supplement, Truly Nutrition Supplement Plus (Zeller's)
Life's Super Shake, Life's Super Shake Plus (Shopper's Drug Mart)
Equate Nutritional Shake, Equate Nutritional Shake Plus, Equate Nutritional Shake–High Fibre, Equate Nutritional Shake–High Protein (Wal-mart)
Equate Meal Replacement, Equate Meal Replacement Plus, Equate Meal Replacement–High Protein (Wal-mart)
WellQuest, WellQuest Plus (Henderson's Pharmacy; Fonthill Pharmacy)
Rexall, Rexall Plus Calories (Pharma Plus Drugmart)

Puddings

Nutrisure pudding

High Protein Recipes

High Protein Milk

1 cup whole or 2% milk
4 tablespoons skim milk powder

Add skim milk powder to milk, mix until powder is dissolved. Refrigerate overnight. Try different flavourings: vanilla, chocolate, strawberry, coffee. Makes 1 cup.

Per serving: 211 calories, 14 grams protein using whole milk
185 calories, 14 grams protein using 2% milk

Power Milkshake

1 cup high protein milk (recipe above)
½ cup ice cream
½ teaspoon vanilla extract
2 tablespoons butterscotch, chocolate or strawberry syrup

Mix ingredients together in a blender. Makes 1 serving. Try adding fresh or canned fruit, jam or instant coffee.

Per serving: 425 calories, 14.5 grams protein

Café au Lait

1 cup plain or yogurt, 2% M.F. or more
½ cup vanilla ice cream
1 teaspoon instant coffee powder
sugar to taste

Mix ingredients together in a blender. Makes 1 ½ cups. Amount of instant coffee can be varied to taste.

Per serving: 265 calories, 14 grams protein

Energy and Protein Boosted Oatmeal

1 package instant oatmeal (or other instant hot cereal)
2 tablespoons skim milk powder
½ cup half and half cream
2 tablespoons sugar
2 tablespoons whipping cream

Mix all ingredients except whipping cream in a microwave safe dish or saucepan. Heat on high in microwave or on medium heat on stove until desired consistency. Pour whipping cream over top and serve. Try adding raisins, chopped apples or other fresh fruit, jam or peanut butter. Makes one serving.

Per serving: 690 calories, 11 grams protein

Cheese Rarebit

2 tablespoons butter or margarine
2 tablespoons flour
1 cup whole milk or high protein milk
1 cup cheddar cheese, grated
½ teaspoon dry mustard
1-2 teaspoons Worcestershire sauce
Dash pepper

Melt butter or margarine in saucepan, stir in flour until smooth. Gradually add milk, stirring continuously until mixture thickens. Add grated cheese, stir until melted. Add seasoning to taste. Serve over mashed potatoes or other vegetables. May be frozen in ice cube trays and reheated. Try adding, ½ cup chopped cooked ham, chicken or bacon when adding cheese.

Per serving: 615 calories, 26 grams protein with high protein milk
586 calories, 23 grams protein with whole milk

Super Pudding

2 cups	2% or whole milk
2 tablespoons	vegetable oil
$\frac{3}{4}$ cup	skim milk powder
1 package (4.5 oz)	instant pudding mix

Mix liquid milk with oil, blend in skim milk powder until smooth. Add pudding mix and mix well. Refrigerate. Serve topped with sliced fruit and whipped cream. Makes 4 servings.

Per serving: 293 calories, 9 grams protein

Trail Mix

1 cup	sunflower seeds
$\frac{1}{2}$ cup	raisins
1 cup	coconut, shredded
$\frac{1}{2}$ cup	peanuts
$\frac{1}{2}$ cup	dates, chopped
$\frac{1}{2}$ cup	almonds
$\frac{1}{2}$ cup	brazil nuts

Mix all ingredients together, store in an air tight container. Make with different types of nuts and fruit.

Makes 9 servings.

Per serving: 307 calories, 9 grams protein

Sherbet Shake

$\frac{1}{2}$ cup	gingerale or lemon flavoured soft drink
$\frac{1}{2}$ cup	sherbet, any flavour
2 tablespoons	frozen juice concentrate, any flavour
	sugar to taste

Mix in a blender. Makes 1 serving. Try adding cream, fresh or canned fruit or jam.

Per serving: 195 calories, 1.5 grams protein

Cream of Carrot and Potato Soup

2 tablespoons	butter or margarine
1 small	onion, chopped
1 cup	carrots, chopped
1 ¼ cups	potatoes, sliced
	salt and pepper to taste
¼ teaspoon	sugar
2 cups	chicken stock
1 tablespoon	parsley
1 cup	10% cream

In a saucepan, sauté onion in butter or margarine until soft. Add carrots, potatoes and season with salt and pepper. Cook on medium heat for 5 minutes, stirring often. Add sugar and chicken stock, simmer for 15 minutes or until carrots and potatoes are soft. Puree in blender or food processor or mash with potato masher and return to saucepan. Add cream and reheat but do not boil. Serve with parsley. Makes 6 servings. Garnish with sour cream and chives, chopped cooked bacon or grated cheese.

Per serving: 145 calories, 4 grams protein