

NUTRITION FOR HEALTH: TIPS FOR MEETING HIGH PROTEIN & ENERGY NEEDS

These tips may be helpful if you are losing weight without trying or need more calories and protein for health or healing. They are designed to provide you with foods that are higher in calories and protein. **High-calorie foods** will provide you with more energy for your daily activities and help you reach a healthy weight. The extra **protein** will provide you with energy and will help build, maintain and repair your body.

What to Do?

- Try to eat or drink every 2 to 3 hours, even a bite or two.
- Drink juice, milk or milkshakes instead of low-calorie fluids like tea or coffee.
- Take your pills with juice, milk, or milkshake instead of water.
- Do not use food products that are labeled “light”, “lite”, “calorie-reduced” or “low calorie”.
- Try supplements such as Carnation Breakfast Anytime™, Boost™, Ensure™ or a store brand product.
- Have ready-made snacks and frozen meals on hand (e.g., pudding, granola bars, or cheese and crackers).



Ways to Add Calories:

- Add **margarine/butter** on potatoes, hot cereal, rice, noodles, and vegetables.
- Add **sour cream** to cooked potatoes, rice, pasta or vegetables or use as a dip.
- Spread **cream cheese** on fruit slices, vegetables, bread, toast or crackers.
- Spread **mayonnaise** on sandwiches or use in meat, fish or egg salad.
- Add **gravy** and **saucers** to any foods you like.

- Use **half-and-half cream** (10% or 18% fat) in place of milk or water in soups, sauces, cereals, puddings, and hot chocolate.
- Use **canola** or **olive oil** to fry vegetables, eggs, fish, poultry or meats. Use extra oil in cooking or baking.
- Serve **whipped cream** on fruit, ice cream, pudding, hot cocoa, and desserts.
- Add **brown sugar, honey** or **syrup** to cereals, fruit, ice cream or puddings.



Ways to Add Protein:

- Add **cheese** to hamburgers, hot dogs, meatloaf, vegetables, casseroles, sandwiches, and salads.
- Add **nuts** to ice cream, pudding, muffins or cookies (if chewing or swallowing is not a problem).
- Use **whole milk yogurt** (3.25% milk fat) or **high-fat fruit flavoured yogurt** as a snack. Add **granola** for extra energy.
- Add **powdered milk** to cereals, mashed potatoes, cream soups, gravies, sauces, puddings, and hot drinks.
- Use **meats** in soups, omelets, casseroles, and sandwich fillings.
- Add **eggs** to soups, salads, casseroles, and baked goods.
- Spread **peanut butter** on toast, sandwiches, pancakes or crackers. Use as a dip for raw vegetables or fruit. Blend into milkshakes or ice cream.
- Add **tofu** to soup, salads, sauces, casseroles, stews, stir-fries, and milkshakes.
- Use **cottage cheese** or **ricotta cheese** as a snack with fruit or add to casseroles, omelets, scrambled eggs, salads, pasta or jello.
- Add **beans, peas, and lentils** to soups and casseroles. Use in dips and sauces.



Date: _____

Registered Dietitian: _____

Phone: _____

RECIPES



Yogurt Smoothie

Yogurt, plain or flavoured (3.25% fat)	250 ml (1 cup)
White sugar	15 ml (1 Tbsp)
Canned peaches, drained (or pineapple, apricots or berries)	250 ml (1 cup)

Combine all ingredients in a blender and blend until smooth.

Banana Blend

Yogurt, plain or flavoured (3.25% fat)	250 ml (1 cup)
Whole milk or cream	50 ml (¼ cup)
Banana	1 medium
Brown sugar or honey	30 ml (2 Tbsp)
Wheat germ (optional)	15 ml (1 Tbsp)
Almond or vanilla extract	1 ml (¼ tsp)

Blend all ingredients thoroughly using a blender or electric mixer.



Instant Breakfast Milkshake

Whole milk or cream	250 ml (1 cup)
Scrambled eggs, pureed (optional)	2 cooked eggs
Ice cream, any flavour	125 ml (½ cup)
Instant breakfast powder (e.g. Carnation Breakfast Anytime)	1 envelope

Blend all ingredients using a blender or electric mixer.



Instant Breakfast Pudding

Whole milk or cream	250 ml (1 cup)
Instant pudding powder	1 pkg (1/3 cup)
Vanilla Instant Breakfast powder (e.g. Carnation Breakfast Anytime)	1 envelope

Blend all ingredients with a blender or mixer. Chill until set.

Snack Ideas:

- Muffin, scone, bagel, crackers or toast with margarine/butter, peanut butter or cream cheese
- Meat and cheese sandwich on whole grain bread with margarine/butter and mayonnaise
- Nacho chips or potato chips with dip, cheese sauce, salsa or guacamole
- Fruit crisp, pie, cobbler or cake topped with ice cream or whipped cream
- Pudding or custard made with milk or cream and topped with whipped cream
- Yogurt booster or other shakes (see recipes on next page)
- Ice cream, floats, sundaes or frozen fruit juice bars
- Cottage cheese or yogurt topped with fruit
- Hot chocolate made with cream or milk
- Cheese with crackers or fruit
- Cereal with milk or cream
- Vegetables with dip
- Dried fruit, nuts or trail mix
- Boiled egg

