

Prepared For:		Date:	
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High-Calorie, High-Protein Nutrition Therapy

A high-calorie, high-protein diet has been recommended for you either because you can't eat enough calories throughout the day, have lost weight, or need to add protein to your diet. Following the recommendations on this handout can help you:

- Gain weight and give your body energy
- Get more protein from foods that help your body heal and grow strong
- Recover from surgery or illness

Tips

Tips to Eat More Calories and Protein

Aim for at Least 6 Meals and Snacks Each Day

- Extra meals and snacks can help you get enough calories and protein.
- You may want to try high-calorie supplement drinks (made at home or bought at a store) periodically between meals to get more calories each day.
 - If you buy the drink at the store, read the label to look for products with 200-400 calories per serving.
 - If you make the drink at home, you can increase calories by adding protein ingredients such as nonfat milk, low-fat yogurt, nonfat milk powder, or protein powder.
- Enjoy snacks such as milkshakes, smoothies, pudding, ice cream, or custard.

Eat More Fat

- Fat provides a lot of calories in just a few bites. A tablespoon of oil, butter, or margarine has about 100 calories.
- Add butter, margarine, or oil to bread, potatoes, vegetables, and soups.
- Use mayonnaise, salad dressing, and peanut butter freely.

Choose High-Protein Foods

- Enjoy milk, eggs, cheese, meat, fish, poultry, and beans. Consider trying protein powders and meal replacement shakes and bars.
- Choose higher-fat meats. They have more calories than lean meats.
 - Examples include chicken thighs, marbled meats, bacon, sausage, poultry with skin
- Choose whole milk instead of low-fat or skim milk.
- Eat high-fat cheeses instead of low-fat or nonfat cheeses.

Shopping Tips

- Avoid diet, low-calorie, or low-fat food items.
- Look for dairy products (milk, cheese, yogurt, cottage cheese) that are labeled "whole fat" or have at least 4% fat.
- Purchase nonfat dry milk powder or protein powder to use to make shakes or other blended recipes.

Cooking Tips

- Make a high-protein milk recipe like the one below. The recipe can be prepared in advance and stored in the refrigerator until you are ready to drink it. Use this high-protein milk in recipes that call for milk or drink it as a beverage.
 - 1 cup whole milk
 - $\frac{1}{4}$ cup nonfat dry milk powder
- Add cheese sauce, butter, and sour cream to vegetable and potato dishes.
- Get extra calories by adding condensed milk, cream, butter, nut butters, and sweetener to hot cereals, mashed potato, pudding, and soups. Examples:
 - Prepare oatmeal with condensed milk, butter/nut butter, and brown sugar
 - Prepare mashed potatoes with cream, butter, and cheese
 - Prepare soup with cream and extra butter, or puree the soup with cream to make a bisque
 - Add cream to pudding mix or use pudding dry mix in cakes/baked goods
- Serve items with extra sauces. These contain additional calories:
 - Gravy on meats and potatoes
 - Extra mayonnaise, BBQ sauce or ketchup
- Dipping sauces, hummus, and regular (not low-fat/low-calorie) salad dressing

Foods Recommended

Foods Recommended	Calories	Protein in grams (g)
Protein Foods		
1 cup cooked dried beans	240	14
½ cup chicken salad	200	14
1 egg cooked with 1 tablespoon butter	175	6
3 ounces tuna canned in oil	170	25
¼ cup egg substitute	25	5
1 ounce pecans (20 halves)	200	3
1 ounce macadamia nuts (10-12 nuts)	200	2
1 ounce brazil nuts (6-8 nuts)	190	4
1 ounce walnuts (14 halves)	185	4
1 ounce shelled sunflower seeds	175	6
1 ounce almonds (about 24)	165	4
1 ounce peanuts	165	7
1 tablespoon peanut butter	95	4
½ cup canned evaporated milk (can be used instead of water when cooking)	170	9
6 ounces sweetened yogurt	165	6
½ cup ice cream	130	2-3
¾ cup (1 ounce) shredded cheese	115	7
½ cup creamed cottage cheese	110	13
¼ cup half-and-half	80	2
½ cup whole milk (can be used instead of water when cooking)	75	4
1 tablespoon cream cheese	50	1
2 tablespoons sour cream	50	0
Fats		

1 tablespoon butter, margarine, oil, or mayonnaise	100	0
2 tablespoons gravy	4	1
Sweets		
1 tablespoon honey	60	0
1 tablespoon sugar, jam, jelly, or chocolate syrup	50	0
Meal Replacements		
1 meal replacement bar	200	15
1 scoop (1 ounce) protein powder	100	15
1 tablespoon protein powder	40	5

High-Calorie, High-Protein Sample 1-Day Menu

Breakfast	1 large egg, scrambled 1 medium biscuit 1 tablespoon jam 2 tablespoon butter 1 cup apple juice
Morning Snack	1/4 cup peanuts 1/4 cup raisins
Lunch	4 oz tuna salad (with mayonnaise, oil, relish) 1 hard-boiled egg 2 canned peach halves 2 tablespoons cream cheese 4 walnut halves 1 cup grape juice
Afternoon Snack	1/2 cup orange juice in smoothie 1/4 cup frozen strawberries in smoothie 1 banana in smoothie 1 oz protein powder in smoothie
Evening Meal	3 oz ground beef patty 2 tablespoons gravy 3 large stalks broccoli 2 tablespoons cheese sauce 2 slices bread 1 tablespoon butter
Evening Snack	1/2 cup hummus 1 whole wheat pita

High-Calorie, High-Protein Vegan Sample 1-Day Menu

Breakfast	1 cup cooked oatmeal made with: 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D 2 tablespoons ground flaxseeds ½ cup blueberries ¼ cup almonds
Morning Snack	1 cup fruit smoothie made with: ½ cup soymilk fortified with calcium, vitamin B12, and vitamin D ½ cup frozen banana 2 tablespoons peanut butter
Lunch	2 slices whole wheat bread ½ cup baked tofu ¼ cup lettuce 2 slices tomato 4 slices avocado 2 teaspoons vegan mayonnaise ½ cup baby carrots 1 medium apple with: 1 tablespoon almond butter
Afternoon Snack	1 whole wheat pita bread ½ cup hummus 1 orange
Evening Meal	Tacos made with: 2 corn tortillas (6-inch) 1 cup refried vegetarian beans ½ cup chopped tomatoes ½ cup lettuce 2 tablespoons cup salsa ½ cup brown rice ½ tablespoon olive oil for rice ½ cup cooked zucchini 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Evening Snack	½ cup raisins ¼ cup peanuts

High-Calorie, High-Protein Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	1 cup cooked oatmeal made with: 1 cup whole milk 2 tablespoons ground flaxseeds ½ cup blueberries 1 egg
Morning Snack	1 cup fruit smoothie made with: ½ cup whole milk ½ cup frozen banana 2 tablespoons almond butter
Lunch	2 slices whole wheat bread 2 ounces cheese ¼ cup lettuce 2 slices tomato 4 slices avocado ½ cup baby carrots 1 medium apple 1 cup grape juice
Afternoon Snack	1 whole wheat pita bread ½ cup hummus ½ cup orange juice
Evening Meal	Burrito made with: 2, 6-inch corn tortilla ½ cup refried vegetarian beans ½ cup chopped tomatoes ½ cup lettuce 2 tablespoons salsa ½ cup brown rice ½ tablespoon olive oil for rice ½ cup cooked zucchini 1 cup whole milk
Evening Snack	½ cup raisins ¼ cup peanuts

Notes