



Patient Education

Make every bite count ...

## How to increase your intake of protein and calories

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Increasing your intake of protein and calories can help:

- your body heal
- rebuild muscle
- you to gain weight or prevent further weight loss

Name: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Dietetic assistant: \_\_\_\_\_

Phone number: \_\_\_\_\_ Extension: \_\_\_\_\_

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## Tips to increase your intake of protein

### **Skim Milk Powder or Whey Powder**

Add to:

- cream soups, sauces
- puddings
- milkshakes, smoothies
- milk
- hot chocolate
- coffee
- cereals
- mashed potatoes

### **Ice Cream, Yogurt or Pudding**

- Serve with fruit and other desserts.
- Drink milkshakes or yogurt smoothies.
- Snack on ice cream, yogurt or pudding (2% MF or higher).
- Use yogurt in dips and casseroles.

### **Cheese**

- Melt on top of pastas and cooked vegetables, hamburger, meatloaf, eggs and tacos.
- Use grated or cut up cheese in potatoes, casseroles and salads.
- Snack on cottage cheese or cheese during the day.
- Add cheese to bread, bagels, vegetables, muffins, fresh fruit and crackers.

### **Peanut Butter, Other Nut or Seed Butters\***

- Spread on crackers, fruit or vegetables.

### **Nuts, Seeds or Grains**

- Add to muffin or cookie mixes, ice cream and salads.
- Mix with dried fruit. Eat as a snack.
- Add wheat germ to yogurt or cereal.

### **Beans or Legumes**

- Have baked beans, a bean salad or pureed bean dip such as hummus.
- Add tofu to soups, smoothies, salads, sauces and stir fries.
- Use Texturized Vegetable Protein (TVP) as a meat substitute in pasta sauces or tacos.

### **Eggs**

- Slice eggs and add to salads, casseroles and sandwich fillings.
- Add pasteurized egg whites to smoothies.
- Buy store bought egg-nogs that are high in protein and calories.

### **Meat, Fish or Poultry**

- Add to salads, soups, pasta dishes, rice, omelettes, quiche or baked potatoes.
- Spread paté on crackers or bread.
- Eat fatty fish more often, such as salmon, trout, herring, mackerel or sardines.

**Regular dairy foods may be substituted with lactose-reduced or soy products.**

**\*Nut-free alternatives include soy butter, pea butter and tahini.**

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## Recipes to help you increase your intake of protein

### High Protein Milk

(4 servings)

4 cups homogenized milk  
½ cup skim milk powder

Add skim milk powder to the homogenized milk, stir well and refrigerate.

### Super Shake

(2 servings)

1 cup ice cream  
1 cup homogenized milk  
1 pkg Nestlé Breakfast  
Anytime® (40 g)

Combine all ingredients and blend using a hand mixer or blender.

### Peanut Butter Shake

(1 serving)

¾ cup ice cream  
½ cup homogenized milk  
¼ cup skim milk powder  
2 tbsp peanut butter

Combine all ingredients and blend using a hand mixer or blender.

### Yogurt Shake

(1 serving)

¾ cup plain yogurt  
¼ cup skim milk powder  
½ cup juice  
1 tbsp sugar or honey

Combine all ingredients and mix well.

### Cheddar Cheese Soup

(2 servings)

1 can cheddar cheese soup  
(10 oz or 284 ml)  
1 cup high protein milk  
1 tsp worcestershire sauce  
dash of salt

Mix ingredients in saucepan. Heat and serve.

### Super Pudding

(4 servings)

1 pkg instant pudding  
- that makes 4 servings  
2 cups homogenized milk  
¾ cup skim milk powder

Combine all ingredients into a bowl and blend with an electric mixer. Refrigerate. Serve topped with sliced fruit and whipped cream.

**Fruity Protein Smoothie** (2 servings)

1/3 cup	soft or firm tofu
2 tbsp.	sugar or pasteurized honey
1/2 cup	yogurt
1 cup	homogenized milk
1/4 cup	skim milk powder
1	ripe banana

In a blender combine all ingredients and blend thoroughly until smooth.

**Variations**

- Replace the tofu with 1/3 cup cottage cheese.
- Replace banana with other fruits such as 1 cup strawberries.
- Add extra flavours such as 2 tbsp cocoa powder or 1 tsp vanilla extract.

The tofu in this recipe will take on the taste of the flavour of your shake. It provides you with essential nutrients such as iron, calcium and protein.

**Happy Trail Mixture** (9 servings)

1 cup	sunflower seeds
1/2 cup	raisins
1 cup	coconut, shredded
1/2 cup	peanuts
1/2 cup	dates, chopped
1/2 cup	almonds
1/2 cup	brazil nuts

Mix all ingredients together and store in an air tight container. Can be made with other types of nuts and fruits.

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## Tips to increase your intake of calories

### Dried Fruit

- Add to cereals, salads or desserts.
- Mix with peanuts or other nuts and seeds. Eat as a snack.

### Cream, Homogenized or Evaporated Milk

- Add to coffee, tea or hot chocolate.
- Add to milkshakes, cereals and fresh fruit.
- Use to prepare cooked cereals, soups, sauces, custards, puddings, baked goods and mashed potatoes.
- Use cream instead of milk when cooking or baking.
- Drink homogenized milk or High Protein Milk (see recipe on page 3).

### Desserts

- Use whipped cream as a topping for desserts, hot chocolate and milkshakes.
- Sprinkle sugar on fresh fruit.
- Buy fruit canned in heavy syrups.
- Snack on ice cream.

### Granola

- Add to cereals and yogurt or eat as a snack.

### Cream Cheese (Regular)

- Add to sauces.

### Other

- Add sour cream or mayonnaise to salads and sandwiches.
  - Use sour cream or mayonnaise in vegetable dips and mashed potatoes.
  - Add gravy to potatoes and meats.
  - Add butter or non-hydrogenated margarine to mashed potatoes, cream soups, cooked vegetables, bread, hot cereals or crackers.
  - Add jam and honey to breads, crackers and muffins.
  - Add olives to pasta, pizza and salads.
  - Add avocado slices to sandwiches or salads.
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## Recipes to help you increase your intake of calories

### **Orange Freeze Drink**

(1 serving)

½ cup orange juice  
1 tbsp lemon juice  
1 cup orange sherbet

Combine together and blend.

### **Fruit Magic**

(1 serving)

1 cup sherbet, any flavour  
½ cup gingerale  
1 tbsp vegetable oil

Combine together and blend.

### **Mashed Potato Supreme**

(1 serving)

To 1 scoop of mashed potatoes add:

1 to 2 tbsp sour cream  
1 to 2 tbsp butter  
1 tbsp cream

### **Hot Cereal**

(1 serving)

To 1 bowl of hot cereal or 1 package of instant oatmeal add:

1 to 2 tbsp butter or non-hydrogenated margarine  
1 to 2 tbsp brown sugar  
pinch cinnamon  
2 tbsp cream

### **Café au Lait Smoothie**

(1 serving)

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

Combine together and blend.

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## Make every bite count

Here are a few ideas to help increase your food intake:

- ✓ Try having a small meal or snack every few hours instead of 3 large meals. Some examples are crackers and cheese, cookies and high protein milk, and toast with peanut butter and jam, cereal and ice cream.
- ✓ When you go out, bring a snack that is easy to carry such as granola bars or cheese and crackers.
- ✓ Keep easy to prepare foods on hand, such as frozen dinners, canned foods and eggs.
- ✓ Tired of cooking everyday? Try making meals in big batches and freezing smaller portions to be used later.
- ✓ Include milk, rice beverage, soy beverage or evaporated milk with meals or snacks.
- ✓ Avoid filling up on drinks that are low in calories such as coffee, tea and diet pop.
- ✓ Try to eat more when your appetite is good.
- ✓ Avoid foods labelled "light", "calorie-reduced" or "low calorie" or those with artificial sweeteners.
- ✓ Try to include at least one protein item at each meal or snack, even if it is a small portion such as 1 egg, 1 oz cheese, or 1 tbsp peanut butter.

## Do I need to take a nutrition supplement?

There are products you can buy that can improve your food intake.

Your dietitian or dietetic assistant suggests that you use these products:

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This chart may help you with serving sizes:

<b>Imperial and Metric Sizes</b>		
1 cup	=	250 ml
$\frac{3}{4}$ cup	=	175 ml
$\frac{1}{2}$ cup	=	125 ml
$\frac{1}{4}$ cup	=	60 ml
1 tablespoon (tbsp)	=	15 ml
1 teaspoon (tsp)	=	5 ml
1 ounce (oz)	=	25 grams (g)

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