

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

A high-calorie, high-protein diet may be recommended by a registered dietitian (RD) or doctor if you can't eat enough, have lost weight, or need added protein to your diet. Following the recommendations on this handout can help you:

- Eat more calories, which will 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 supplement drinks to get more calories each day.
- You can also enjoy snacks such as milk shakes, 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-Calorie Drinks

- Choose drinks such as whole milk, juice, or soft drinks made with sugar.
- Plain water, tea, and coffee have no calories. Choose them less often.
- Mix 1 cup whole milk with $\frac{1}{4}$ cup powdered milk. This mix tastes best when it is very cold. Try it with chocolate or strawberry syrup and sugar.

Fix Up Fruits and Vegetables

- Eat fruits and vegetables every day to be healthy.
- Most fruits and vegetables are low in calories and protein. Get more calories and protein by adding cheese sauce, butter, margarine, gravy, oil, or salad dressing.
- Potatoes and corn have more calories than nonstarchy vegetables such as green beans, zucchini, carrots, and tomatoes.
- Enjoy chips with bean dip or guacamole. Cooked dried beans such as pinto beans and kidney beans are good choices for protein. Avocados are high in calories.
- Choose fruits canned in syrup instead of water or juice.

Choose High-Protein Foods

- Enjoy milk, eggs, cheese, meat, fish, poultry, and beans. You may also try protein powders and meal replacement shakes and bars.
- Choose higher-fat meats. They have more calories than lean meats.
- Choose whole milk instead of low-fat or skim milk.
- Pick high-fat cheeses instead of low-fat or nonfat ones.

Shopping Tips

For additional calories:

- 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 items such as Instant Breakfast and nonfat dry milk powder.

Cooking Tips

High-protein milk:

- 6 cups (1½ liters) whole milk
- 1½ cups nonfat dry milk powder

Make this recipe in advance and keep the mixture in your refrigerator. You can use it in recipes whenever milk is required or drink it in place of regular milk.

Foods Recommended

Food Group	Food	Calories	Protein (g)
Meat, beans, and eggs	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
Nuts and Seeds	1 ounce pecans (20 halves)	200	3
	1 ounce macadamia nuts (10-12)	200	2
	1 ounce brazil nuts (6-8)	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
Milk	½ cup canned evaporated milk (can be used instead of water when cooking)	170	9
		165	6
	6 ounces sweetened yogurt	130-220	2-3
	½ cup ice cream	115	14
	½ cup creamed cottage cheese	100	7
	¼ cup (1 ounce) shredded cheese	80	2
	¼ cup half-and-half	75	4
	½ cup whole milk (can be used instead of water when cooking)	50	1
	1 tablespoon cream cheese	50	0
2 tablespoons sour cream			
Fats	1 tablespoon butter, margarine, oil, or mayonnaise	100	0
	2 tablespoons gravy	40	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 cup instant pudding
Lunch	4 oz tuna salad (with mayonnaise, oil, relish) 1 hard-boiled egg 6 crackers 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 15 French-fried potatoes with ketchup 3 large stalks broccoli 2 tablespoons cheese sauce 2 slices bread 1 tablespoon butter
Evening Snack	1 medium scoop ice cream 2 tablespoons chocolate syrup

Notes