



Nutrition Services

Patient Information

High-Calorie High-Protein Nutrition

General Guidelines:

- Follow *Canada's Food Guide to Healthy Eating*. The nutrients found in foods are protein, fats, carbohydrates, vitamins, minerals and water. By following Canada's Food Guide this will help ensure you are getting what your body needs. Protein foods allow the body to build and repair body tissues while the energy provided from carbohydrates and fats allows the protein to be used for growth and repair and provides the extra calories to maintain or gain weight.
- Eat frequent meals. If you are used to eating 3 meals per day and finding that you are unable to eat as much, try eating 6 times per day. Eating more often may help you to increase your appetite. Keep a variety of nutritious snacks on hand that are easy to prepare and easy to eat. Include snacks that contain protein such as yogurt, cereal with milk, half a sandwich, cheese and crackers, or a hearty bowl of soup.
- Choose your foods wisely. Sugars, sweets, chocolate and snack foods such as chips and cheesies are high in calories but rank low in overall nutrition. **Make every mouthful count.** Limit your coffee/tea/soda intake. These liquids will fill you up and do not leave room for the more nutritious foods that provide you with energy and protein.
- Supplements: These are convenience products on the market that can be taken **in addition** to your food intake. You could use these when your appetite is very poor and/or you are unable to increase your calories through regular foods. Once opened these products need to be refrigerated and remember to throw them out once they have been open for 48 hours. **DO NOT ALLOW** them to sit open at room temperature longer than 2 hours. These products spoil easily. Check with your dietitian for products he/she would recommend.

Your Dietitian is _____

She can be reached at _____

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SUGGESTIONS FOR INCREASING CALORIE INTAKE

Food	Approximate Calories per tbsp	Suggestions
Butter or margarine	100	Melt on potatoes, hot cereals, grits, rice, noodles, cooked vegetables; stir into soups, baby foods, casseroles, or sauces; spread freely on bread, sandwiches, toast, cracker or rolls; mix with herbs and spread on meats, poultry or fish.
Sour cream	20	Add to any style of cooked potatoes, rice, pasta, or vegetables; use as a dip for raw vegetables or fruits; mix into soups, bread, muffin batter, casseroles, sauces, salads/salad dressings.
Mayonnaise	100	Spread on sandwiches or crackers; use in meat, fish, gelatin, or vegetable salads; add to dips, salad dressings, or sauces; use to make deviled eggs.
Cream cheese	50	Spread on fruit slices, raw vegetables, bread, toast, or crackers; spread on slices of sausage or luncheon meat and roll as a snack; cook into scrambled eggs; add to gelatin molds; use flavored cream cheeses to add variety.
Half-and-half cream (10 – 18% fat) or evaporated whole milk	20	Use in place of milk or water in soups, sauces, batters, cocoa, custards, pudding, shakes, mashed potatoes, or cooked cereals; use on cold cereals.
Heavy OR whipping cream	55	Serve whipped on fruit, ice cream, pudding, gelatin, hot cocoa, or other desserts; add to pancakes, waffles, or French toast batter; mix into cream soups, hot cereals, mashed potatoes, batters, puddings, or custards.
Brown sugar, maple syrup, honey	45	Add to hot or cold cereals; use to top fruit, ice cream or puddings; use as a glaze on meats or vegetables.
Wheat germ	27	Add to casseroles, meat, bread, muffins, and pancake or waffle recipes; sprinkle on fruit, cereal, ice cream, or yoghurt; sprinkle on top of vegetables and toast to add a crunch topping; use in place of bread crumbs.

SUGGESTIONS FOR INCREASING PROTEIN INTAKE

Food	Suggestions
Powdered Milk	Add 2-4 tbsp (30-60 mL) to cup (240 mL) whole milk to make it higher in protein; use this in place of regular milk as a beverage or in milkshakes, puddings, custards, or other recipes that call for milk or water; stir powdered milk into cereals, potatoes, cream soups, gravies, sauces, pudding, scrambled eggs, casseroles, or even meat loaf.
Cheese Cottage cheese	Melt on hamburgers, hot dogs, meat loaf, other meats, vegetables, tortillas or scrambled eggs; add it to sandwiches; melt it into soups, sauces, casseroles, or mashed potatoes; use for snacks with fruit or on crackers; try cottage cheese in casseroles, egg dishes, or gelatin desserts; use it to stuff pasta shells or crepes; add to salads.
Peanut butter	Spread on toast, sandwiches, or crackers; blend into milkshakes; swirl into ice cream, yogurt, or hot cereal; use as a dip for vegetables or fruit.
Eggs	Use to make French toast; add extra to pancake or cookie batter; hard-boiled eggs may be chopped and added to salads, vegetables or casseroles; mix eggs with mayonnaise for a sandwich spread. Always use cooked eggs. Use egg beaters for ease. NOTE: Use of RAW EGGS increases risk of salmonella poisoning. Purchase pasteurized eggs to add to shakes.
Ice cream	Use to make milkshakes or sodas; make ice cream sandwiches by putting ice cream between 2 large cookies.
Instant Breakfast	Add to whole milk or shakes; stir into yogurt; mix into puddings; Carnation Breakfast Essentials..
Nuts	Add to ice cream, pudding, muffins or cookies, salads, and pasta sauces. Serve as snacks. Roll banana in chopped nuts. Nuts are not a good choice for people at risk of choking.
Meats	Add meats to soups, omelets, casseroles, soufflés, sandwich fillings, cracker toppings, dips, or stuffing; use chopped or ground meats or fish for individuals who do not eat or chew meats well; add pureed baby meats to soups.
Yogurt	Look for yogurt made from whole milk, which is higher in calories than low-fat yogurt; fruit flavored, custard-style, or cream-style may also be higher in calories; use as a snack or dessert; may be added to fresh fruits; may be mixed with fruit gelatin and frozen to make Popsicles. Choose Greek yogurt which is higher in protein than regular yogurt.
Beans, peas and lentils	Add to soups and casseroles; use in dips and sauces.
Tofu (all kinds)	Add to soups, salads and sauces; can be used as a substitute for meat.

These recipes provide similar calories and protein to commercial supplements. If you find one that you like, double the recipe and keep the excess in your refrigerator for later in the day but see the "handle with care" instructions. Calories and protein listed are per 1 serving.

High Protein Milk

250 ml milk	1 cup	210 Calories
40 ml skim milk powder.....	1/4 cup	14 grams protein

Combine ingredients in a blender and mix thoroughly.

Milkshake

250 ml high protein milk.....	1 cup	410 Calories
200 ml ice cream.....	3/4 cup	18 grams protein

Combine ingredients in a blender and mix thoroughly.

Yogurt Shake

200 ml plain yogurt.....	3/4 cup	280 Calories
50 ml skim milk powder.....	1/4 cup	12 grams protein
125 ml apple juice.....	1/2 cup	
15 ml sugar or pasteurized honey.....	1 tbsp	

Combine ingredients in a blender and mix thoroughly.

Strawberry Delight

250 ml ice cream.....	1 cup	383 Calories
200 ml milk.....	3/4 cup	20 grams protein
200 ml half and half cream.....	3/4 cup	
50 ml skim milk powder.....	1/4 cup	
30 ml strawberry jam or fresh strawberries.....	1 cup	

*Combine ingredients in a blender and mix thoroughly.
Makes two servings.*

Super Pudding

Instant pudding1 (4 ½ oz) pkg
500 ml milk2 cups
30 ml oil2 tbsp
200 ml skim milk powder3/4 cup

266 Calories
35 grams protein

*Combine ingredients in a blender and mix thoroughly.
Makes four servings.*

Soup Plus

250 ml cream soup.....1 cup
50 g cooked meat or poultry2 oz
30 ml skim milk powder..... 2 tbsp

295 Calories
20 grams protein

Combine ingredients in a blender and mix until smooth.

TART DRINK RECIPES

Orange Jubilee

50 ml lemonade1/4 cup
50 ml orange juice1/4 cup
125 ml half and half cream.....1/2 cup
125 ml orange sherbet1/2 cup

380 Calories
5 grams protein

Lemon Flip

125 ml butter milk or whole milk.....1/2 cup
125 ml lemonade.....1/2 cup
175 ml vanilla ice cream.....3/4 cup

320 Calories
8 grams protein

Raspberry Rumble

250 ml raspberry yogurt or sherbet.....1 cup
125 ml half and half cream.....1/2 cup
50 ml cranberry juice1/4 cup

430 Calories
12 grams protein

Pineapple orange fluff

175 ml pineapple yogurt.....3/4 cup
125 ml orange sherbet1/4 cup

330 Calories
8 grams protein

Grandma's Sherbet Float

125 ml lemon lime soda1/2 cup
250 ml lime sherbet.....1 cup
50 ml crushed pineapple with juice.....1/4 cup

360 Calories
6 grams protein

Pour soda into a glass with crushed pineapple. Top with sherbet.

NB - All tart recipes can be frozen for later use.

Handle Homemade Recipes with care. Keep refrigerated and discard after 24 hours. Do not keep at room temperature for longer than 2 hours.

Cottage Cheese Smoothie

75 ml cottage cheese.....1/3 cup
125 ml ice cream1/2 cup
50 ml prepared flavored gelatin1/4 cup

310 Calories
11 grams protein

Classic Instant Breakfast Milkshake

125 ml whole milk.....1/2 cup
1 envelope instant breakfast powder*1
240 ml vanilla ice cream (can substitute flavor)1 cup

474 Calories
20 grams protein

Peach Yogurt Frost

1 envelope vanilla instant breakfast powder*1
250 ml whole milk.....1 cup
125ml peach yogurt1/2 cup
6 – 10 crushed ice cubes

400 Calories
19 grams protein

A frosty tangy drink!

*Instant breakfast powder such as Nestle Breakfast Essentials

Chocolate Cocoa Drink

300 ml ice cream	1 ¼ cup
125 ml whole milk.....	1/2 cup
Hot chocolate mix.....	1 pkg
10 ml sugar	2 tsp

600 Calories
24 grams protein

A cool, cream chocolate drink

Sherbet Shake

250 ml Sherbet	1 cup
125 ml whole milk.....	1/2 cup
2.5 ml vanilla	1/2 tsp

422 Calories
6 grams protein

For variety, flavor your commercial or homemade food supplements with:

- 5 mL (1 tsp) vanilla, almond, lemon or orange extract
- 5 mL (1 tsp) instant coffee
- 30 mL (2 tbsp) peanut butter, maple syrup or jam
- 30 mL (1 cup) fresh, frozen or canned fruit; Try mixing fruit

Heart Healthy Nutrition Boosters

When Heart Disease is a concern, use the following tips to Increase Calories and Protein

- Powdered Skim Milk - add 2-4 tablespoons to 1 cup milk (i.e. skim, 1% or 2%). Mix into puddings, potatoes, ground meat, casseroles or cooked cereal.
- Breakfast Essentials - blend with low-fat milk or low fat ice cream for a great shake.
- Egg Beaters - blend into eggnogs or milkshakes, add to casseroles and hamburger.
- Low Fat Cheese - add to Egg Beaters, casseroles, melt on toast, grate on vegetables and salads. Serve cheese sauce fondue-style and dip in bread cubes, celery or apple wedges.
- Dried Fruits - serve as a snack mixed into hot cereals or desserts.
- Old Fashioned Peanut Butter - serve on toast, low fat crackers or apple wedges. Use to flavor milkshakes.
- Low Fat Ice Cream/Frozen Yogurt have as a snack or in a milkshake.
- No Fat Sour Cream - use on potatoes, perogies or as a dip for fresh vegetables.
- Low Fat Granola - have as a snack or add to muffins and cookies. Sprinkle on low fat yogurt/ice cream/cottage cheese.
- Fruit - add to low fat yogurt/ice cream/cottage cheese. Canned fruit in heavy syrup adds extra calories.
- Skim/1% Evaporate Milk - use instead of water when making cereals and instant cocoa.
- Easy Casseroles - add cooked lean meats, legumes (i.e. split peas, baked beans and lentils), tofu, tuna, salmon, or egg beaters to sauces and serve over rice, cooked noodles, toast or hot biscuit.

5 Minute Recipes



Vegetable/Cracker Dip

- 1 large container of sour cream
 - 1 packet (dry) onion soup mix
- or**
- 1 packet (ranch-style) dry salad dressing

Combine together. Chill 2-3 hours. Serve with your favorite crackers or vegetables.

Egg Salad

- 2 hard-boiled eggs, chopped
- 2-4 tablespoons mayonnaise
- 1 tablespoon mustard
- 1 stalk of celery, chopped (optional)

Combine ingredients. Serve on crackers, bread, tossed lettuce salad, or eat alone.

Individual Pizza

- 1 English muffin (or bagel) split in half
- 1/4 cup pizza sauce
- 1/4 cup mozzarella cheese
- 1 stalk of celery, chopped (optional)

Toppings of your choice: i.e. pepperoni, sausage, hamburger, mushroom, onion, bell pepper.

Layer ingredients on English muffin. Bake at 350 °F for 10 minutes or microwave for 2-3 minutes or until cheese melts.

Easy Fruit Dip

- 8 ounce container marshmallow cream
- 8 ounces cream cheese (any flavor)

Combine ingredients. Microwave 30-60 seconds to more easily combine ingredients. Serve with your favorite fruit.

Fruit Whip

- 1 16 oz container cottage cheese, drained.
- 1 small container Cool Whip or whipped cream (not the spray kind).
- 1 small package dry gelatin powder (flavor of choice)
- 1 can crushed pineapple, drained. Chopped nuts (optional).

Combine all ingredients. Chill 2-3 hours. Serve with your favorite fruit.

Tuna Salad

- 1 6 ounce can of tuna fish (drained)
- 2-4 tablespoons mayonnaise
- 1 hard-boiled egg (optional)
- 1 tablespoon sweet or dill relish (optional)

Combine ingredients. Serve on crackers, bread, tossed lettuce salad, or eat alone. You can substitute tuna with canned salmon or chicken.

Burrito

- 1 flour tortilla
- 1/4 cup canned beans (can be refried, or whole)
- 1/4 cup shredded cheese of choice, chopped onion, tomato (or salsa, as desired)

Combine ingredients on tortilla. Microwave 1 minute.