

How to increase calories when eating less sodium

When you cut back on foods high in sodium, it can be hard to get enough calories to maintain your weight, or even gain weight. This handout will help you to choose foods that are high in calories and low in sodium.

Tips to help you eat more calories without adding sodium:

- Eat more often. Try eating 5 or 6 small meals/snacks throughout the day.
- Add protein powder or milk powder to foods such as smoothies, yogurt, milk, sauces, soups, and gravies.
- Avoid foods labeled “light”, “calorie-reduced” or “low calorie” or those with artificial sweeteners (such as Splenda, Sweet-N-Low, Equal).
- Sprinkle unsalted nuts or seeds on cereal, ice cream, yogurt, salads and fruits. Add unsalted nuts to muffins, pancakes and cookies.
- Replace lower calorie foods and beverages with higher calorie options.

In place of...	Try these...
Milk (skim, 1% or 2%)	Homogenized milk Cream with at least 10% MF Eggnog Chocolate milk
Yogurt (0 to 1% MF)	Yogurt with 2% or higher MF
Sour cream (0 to 5% MF)	Sour cream with 14% MF
Water	Fruit juice Tea with sugar and milk Coffee with sugar and cream Pop (not diet)
Tomato sauce, canned (high in salt)	Homemade cream sauce such as alfredo
Boiled/baked potato	Mashed potato with unsalted butter and/or sour cream

Ideas to help you plan meals

Planning meals ahead takes time but can be very helpful. Here are some ideas to help get you started.

- Breakfast**
- Add dried fruit or unsalted nuts/seeds to cereal or yogurt
 - Add regular cream, homogenized or regular evaporated milk to cereal or coffee/tea
 - Make homemade oatmeal with homogenized milk or regular cream
 - Add homogenized milk or yogurt in a smoothie
 - Add jam or honey to breads, unsalted crackers and muffins
 - Use low sodium or natural peanut butter
- Lunch**
- Add mayonnaise or sour cream on a sandwich
 - Add dried fruit and unsalted nuts to salads
 - Use/add cream in soups
 - Add sliced avocado to sandwiches/salads
 - Use drained and rinsed tuna/salmon or no added salt tuna/salmon
- Supper**
- Make homemade gravy for potatoes and/or meat
 - Add sour cream, mayonnaise or unsalted butter with potatoes
 - Use unsalted butter with cooked vegetables and/or bread
 - Top pasta with unsalted butter and parmesan cheese
- Snacks**
- Try these:
- Unsalted nuts/seeds
 - Unsalted crackers with low sodium or natural peanut butter
 - Dried fruit
 - Granola with yogurt
 - Popcorn, unsalted with butter
 - Homemade fruit smoothie (made with yogurt, juice and fruit)
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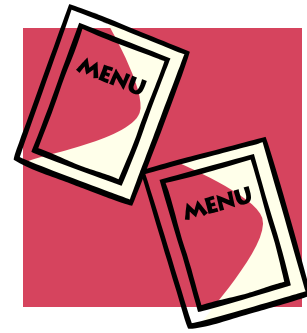
Menu Makeover

(how to lower your sodium and increase your calories)

Before	Calories (kcal)	Sodium (mg)	After	Calories (kcal)	Sodium (mg)
Breakfast 1 package instant oatmeal (apple and cinnamon) 1 cup 1% milk 1 small apple 1 cup orange juice	130	170	Breakfast 1 cup oats 1 cup homogenized milk ½ cup fresh apples, sliced 2 tbsp brown sugar Pinch cinnamon 1 cup orange juice	205 157 48 108 3 120	2 111 1 6 0 20
Morning Snack - None			Morning Snack 1 slice whole wheat bread 2 tbsp low sodium peanut butter ½ banana, sliced	86 205 53	165 66 1
Lunch 1 cup canned chicken noodle soup 10 salted crackers 1 slice whole wheat bread 2 tsp salted butter	64 126 86 70	675 335 165 60	Lunch 1 cup canned, reduced sodium chicken noodle soup 10 unsalted crackers 1 slice whole wheat bread 2 tbsp hummus 5 oz. baked turkey breast ½ medium avocado	65 126 86 47 258 161	450 191 165 108 72 7
Afternoon Snack ¼ cup salted nuts/seeds	206	232	Afternoon Snack ¼ cup unsalted nuts/seeds ¼ cup dried fruit	206 95	4 7
Supper 5 oz. fried chicken fingers (8 to 9 pieces) 2 tbsp barbecue sauce 20 strips French fries ½ cup canned green beans	434 48 319 19	1,286 355 194 328	Supper 5 oz. baked chicken breast with 2 tbsp Mrs. Dash salt free garlic and herb seasoning blend 1 baked potato 2 tbsp sour cream 14% MF ½ cup fresh green beans 1 tbsp unsalted butter	110 0 278 55 20 103	38 2 30 14 1 2
Evening Snack - None			Evening Snack 2 cups unsalted popcorn 2 tbsp unsalted butter	116 206	0 4
Total:	1,785	3,934	Total:	2,917	1,467

Tips when eating out

Choosing low sodium foods can be difficult when you go out to eat at a restaurant or pick up your meal at a fast food restaurant. Follow these tips to help you choose high calorie, low sodium foods when you go out.



General tips:

- Ask questions about how the food is prepared and whether they can make dishes with less sodium.
- Order salad dressing on the side and use only a small amount.
- Select plain vegetables, potatoes, noodles and rice.
- Pass on casseroles and stews and select grilled, baked or roasted foods.
- Ask for meat, such as steak or chicken, to be seasoned without using salt.
- Add extra butter to bread products such as dinner rolls and baguettes.
- Avoid soups and broths.
- Skip the sauces or gravies, or ask for these on the side and use only a small amount for dipping.



Before you go out to eat, check the restaurant's website for nutrition information about their menu items and choose foods with less sodium.

Type of Restaurant	Try These	Avoid These
North American	Grilled or roasted chicken Plain burger with extra vegetables such as lettuce, tomato, onion and avocado	Breaded chicken and fish Ham, sausage Pickles Ketchup
Italian	Fresh fruit or vegetables Vinaigrette or oil and vinegar salad dressing Pasta with Marinara sauce Grilled or roasted meat Italian ice or gelato	Antipasto, olives Creamy salad dressings and zesty italian Processed meats such as pepperoni or bacon Tomato or cream based sauces
Steakhouse	Add extra butter or sour cream to baked potatoes Try ice cream or frozen yogurt for dessert Grilled meat, poultry, fish	Tomato based beverages such as Clamato juice (like in a Bloody Mary or Caesar) Crackers, cheese dips, pates, and cocktail sauce
Mexican	Hard shell tacos Grilled fish or chicken Beef or chicken tacos Sour cream	Soft tortillas Salty Nachos Chorizo (Mexican sausage) Burritos, enchiladas and quesadillas Salsa
Asian/Thai	Steamed or stir-fried dishes with vegetables Steamed rice Sweet and sour, chili or garlic sauces Tofu	Soups and broths Soy sauce Fried rice Black bean, hoisin, fish and oyster sauces Deep fried or battered dishes, such as tempura

What if I do not feel like eating?

Sometimes you may not have much of an appetite, or may feel that you do not have enough time to make a meal. These beverages are a great way to add calories without loading up on sodium and are ready to drink on the go. Have them as a snack or part of a meal.

Beverage	Flavors	Serving Size (mL)	Calories	Sodium (mg)
Boost Original	Rich Chocolate Very Vanilla Creamy Strawberry	237	240	150
Boost Plus	Rich Chocolate Very Vanilla Creamy Strawberry	237	360	200
Carnation Instant Breakfast (ready to drink)	Rich Milk Chocolate Classic French Vanilla	325 325	260 250	230 180
Ensure	Butter Pecan Coffee Latte Chocolate Strawberry Vanilla	250	250	200
Ensure Plus	Butter Pecan Chocolate Strawberry Vanilla	250	350	220

Most of these beverages can be found at your local pharmacy or grocery store.

Recipes

For smoothies:

- Put all ingredients in blender. Blend until smooth. Refrigerate any unused portion.
- For extra calories: Add cream instead of milk, or add oil to the recipe.
- For extra protein: Add skim milk powder, or a protein powder from soy or whey.
- For extra fibre: Add oat bran, ground seeds such as flax, or vegetables such as frozen spinach or pureed squash.

Cinnamon peach smoothie

- 1 cup diced peaches (fresh or frozen)
- ½ cup yogurt
- ½ cup homogenized milk or cream
- 1 bottle (237 mL) Boost Very Vanilla
- ⅛ teaspoon cinnamon (more or less to taste)
- 1 tbsp honey



Delicious fruit smoothie

- 1 cup frozen strawberries
- 1 banana
- ½ cup orange juice
- 1 cup yogurt

Coco-nana breakfast smoothie

- 1 small banana (cut up)
- ½ cup homogenized milk or cream
- ¼ cup skim milk powder
- ½ cup yogurt
- 1 bottle (237 mL) Ensure Plus Chocolate

Peaches and cream hot cereal (1 serving)

- To 1 cup of cooked oats add:
- ½ cup fresh or frozen peaches
 - 1 to 2 tbsp brown sugar
 - pinch cinnamon
 - 2 tbsp cream



Mashed potato supreme (1 serving)

To 1 cup of mashed potatoes add:

- 1 to 2 tbsp sour cream
- 1 to 2 tbsp unsalted butter, olive oil or margarine
- 1 tbsp cream
- garlic
- fresh rosemary

**Pasta salad** (1 serving)

To 1 cup of cooked whole wheat pasta add:

- 1 to 2 tbsp olive oil
- 1 to 2 tbsp vinegar
- fresh basil
- fresh tomato, sliced
- ¼ cup peppers, sliced
- avocado, sliced
- 1 tbsp sesame or sunflower seeds (unsalted)
- 1 tbsp dried cranberries

**Trail mix** (2 servings)

Mix all ingredients together and store in a sealed container:

- 1/4 cup whole, unsalted almonds
- 1/4 cup dry roasted peanuts, unsalted
- 1/4 cup dried cranberries
- 1/4 cup raisins
- 1/4 cup other dried fruits or M&Ms

**For more information**

Visit our Patient Education Library at www.hhsc.ca for more information on eating less sodium:

1. Tips to help you eat less salt
2. Eating less salt – 2000 mg
3. Shopper's guide to eating less salt

