

Make every bite count ...

How to increase your intake of protein and calories

Increasing your intake of protein and calories can help:

- your body heal
- build muscle
- prevent further weight loss or promote weight gain
- recover faster from illness, injury or surgery

Name: _____

Dietitian: _____

Dietetic assistant: _____

Phone number: _____ Extension: _____

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. Choose Greek yogurt for more protein.
- 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 (trail mix). Eat as a snack.
- Add wheat germ to yogurt or cereal.

Beans or Legumes

- Try 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 liquid egg products such as Burnbrae – Naturegg, Gold Egg, or PC Blue Menu, 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.

You can substitute dairy foods with lactose-reduced or soy products.

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

Recipes to help you increase your intake of protein

You can replace the skim milk powder with 1 scoop of whey protein powder.

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.

Yogurt Shake

(1 serving)

¾ cup regular or Greek yogurt
 ¼ cup skim milk powder
 ½ cup juice
 1 Tbsp sugar or honey

Combine all ingredients and mix well.

Super Shake

(2 servings)

1 cup ice cream
 1 cup homogenized milk
 1 pkg Carnation Breakfast Essentials® powder

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

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 salt

Mix ingredients in saucepan. Heat and serve.

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.

Super Pudding

(4 servings)

1 pkg instant pudding (100 g) - 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 real whipped cream.

You can substitute dairy foods with lactose-reduced or soy products.

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

Fruity Protein Smoothie (2 servings)

1/3 cup	soft tofu
2 Tbsp	sugar or pasteurized honey
1/2 cup	regular or Greek 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. You can use other types of nuts, seeds and fruits.

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 real 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.

More Ideas ...

- Add 14% MF sour cream or mayonnaise to salads and sandwiches.
 - Use 14% MF 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.
 - Add cream cheese (not fat reduced) to cream sauces.
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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 canola 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, olive oil or non-hydrogenated margarine
1 Tbsp cream

Hot Cereal

(1 serving)

To 1 bowl of hot cereal or 1 package of instant oatmeal, cooked, 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 Greek plain yogurt, 2% MF or higher
½ cup vanilla ice cream
1 tsp instant coffee powder
sugar to taste

Combine together and blend.



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, toast with peanut butter and jam, cereal with high protein milk, and ice cream.
- ✓ Bring a snack when you go out 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 every day? 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.
- ✓ Buy higher protein products such as:
 - **Cereals:**
 - Kashi Go Lean
 - Kashi Go Lean Crunch
 - Kashi Go Lean Honey Almond Flax
 - Vector
 - Special K Protein
 - **Shakes:**
 - Special K Morning
 - Kellogg's TO GO
 - **Protein bars** (a number of brands have 10 grams or more of protein. Look for these bars).
 - **Pasta:**
 - Barilla Plus
 - **Protein powders** (look for more than 20 grams of protein per serving).
 - hemp
 - pumpkin seed
 - brown rice
 - whey
 - soy

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:

This chart may help you with serving sizes:

Imperial and Metric Sizes		
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)