

Make every bite count ...

How to increase calories and protein when you are lactose intolerant

Increasing your intake of protein and calories can help:

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

Name: _____

Dietitian: _____

Dietetic Assistant: _____

Phone Number: _____ Ext. _____

Tips to increase your intake of calories

Dried fruit:

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

A quick and easy snack can be a trail mix. You can make this by mixing a portion of cereal with a handful of nuts and 2 tablespoons of dried fruit.

Granola and seeds:

- Add granola (that does not contain milk solids) to your regular cereals. Have it on its own or eat as a snack.
- Add variety to your meals by sprinkling any type of seeds, such as sunflower or pumpkin, on salads, rice dishes or in lactose free yogurt.
- Add hemp hearts (shelled hemp seeds) to lactose free yogurt, oatmeal, cereal, salad or soup to increase calories but also your protein. They are available in bulk stores and health food stores.

Desserts:

- Add sugar, honey or maple syrup to fresh fruit.
- Add honey to canned fruits or choose canned fruits packed in heavy syrups.

More ideas:

- Add gravy or any tolerated sauces to potatoes and meats.
 - Add butter, oil or milk free margarine to mashed potatoes, soups, cooked vegetables, bread, hot cereals or crackers.
 - Add jam or honey to breads, crackers and muffins.
 - Use mayonnaise on salads and sandwiches and in vegetable dips.
 - Use salad dressing or vegetable oils on your salads, vegetables or to flavour rice and potatoes.
 - Use avocados in sandwiches, salads or as a spread in a sandwich.
 - Drink 100% fruit juices or fruit nectars rather than water.
 - Dip crusty bread in a mixture of olive oil and balsamic vinegar.
 - Drizzle olive oil on popcorn.
 - Add olives to pasta, pizza, salads and wraps.
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Tips to increase your intake of protein

Milk and Alternatives – lactose free products:

- Add lactose free milk or an alternate beverage such as soy milk, or protein powders (see page 4) to cereals, soups, casseroles or desserts.
- Drink Ensure Plus Calories, Resource 2.0, Boost Plus Calories or mix in a smoothie recipe.
- Make a smoothie using soy, rice or almond milk.
- Have a scoop of soy frozen yogurt with berries, caramel or chocolate syrup on top.
- Use lactose reduced plain yogurt, such as Astro Biobest or soy cheese in place of regular dairy products.
- Try lactose free Greek yogurt such as Liberte.

For most hard or aged cheeses the lactose content is naturally low. Examples include Camembert, Finnish Muenster, Sharp Cheddar, Edam, Gouda, Neufchatel, Emmental, Lappi or Provolone.

Eggs:

- Slice eggs and add to salads, casseroles and sandwich fillings.
- Make scrambled eggs with tofu or dairy free cheese.
- Mix a hard boiled egg with mayonnaise and spread on two pieces of bread.
- Add pasteurized liquid egg products such as Burnbrae-Naturegg, Gold Egg, PC Blue Menu

Peanut butter, other nut butters, nuts or seeds:

- Spread peanut or nut butters on crackers, bread, fruit or vegetables. For example, spread peanut butter on a cracker and add a slice of banana on top for a quick snack.
 - Include a handful of nuts as an easy snack.
 - Add variety to your breakfast by having a slice of toast with almond butter and honey.
 - Sprinkle nuts or seeds on a salad, in rice or to soy yogurt.
 - Add nuts or seeds to your favourite loaf, muffin or cookie recipe.
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Beans or legumes:

- Add beans such as chickpeas, kidney or black to your salad.
- Make a bean salad, soup or hummus and have with crackers or pita bread.
- Try soy based products like meatless burgers from Yves Veggie Cuisine.
- Try tofu in a smoothie or marinated and added to a stir fry.

Meat, fish and poultry:

- Add cooked meat (ground, chopped or sliced) to salads, pasta dishes, rice, omelettes, quiche or baked potatoes.
- Spread pate on crackers or bread.

Protein powder and protein bars:

- Add a protein powder, such as Resource Beneprotein protein powder, soy or whey* protein isolate powders or Optimum Nutrition 100% Egg Protein powder to almost any meal, smoothies or juices.
- Have a protein or granola bar as a snack. Examples include: Lara Bar, Ruth's Hemp Bars, Clif Nectar Bars, Luna Bars, Nonuttin' Food Inc., Honeybar or Alpsnack. They are high in calories and protein and can be used as a snack between meals.



Most powders can be found in the organic section of grocery stores, health food stores, some pharmacies or in specialty stores like the “Specialty Food Shop” (www.specialtyfoodshop.ca).

*Whey protein isolate is very low in lactose.

Foods to help increase your calcium

- calcium fortified soy, rice or almond milk
 - calcium fortified orange juice
 - tofu processed with calcium – either cooked and mixed in meals or added to a smoothie
 - broccoli, okra, kale or collards
 - shrimp, canned sardines, canned salmon with bones
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Sample menu

Breakfast:

2 slices whole grain toast
2 oz hard, aged or lactose free cheese
1 whole fruit
1 cup soy milk
Tea or Coffee

Lunch:

sandwich: 2 slices whole grain toast
3 oz cooked, meat or chicken
3 tomato slices
green lettuce
1 tbsp of butter or mayonnaise

carrot sticks
1 cup almond milk
Tea or Coffee

Afternoon snack:

½ cup of trail mix (see Happy Trail Mix recipe on page 7)

Dinner:

1 large cooked potato
green salad with dressing
4 oz cooked, meat, chicken or fish
1 cup calcium fortified orange juice
1 whole fruit
Tea or Coffee

Evening snack:

1 tbsp peanut butter
4 to 6 whole wheat crackers
1 cup soy milk

Sweet and Nutty Bars

Ingredients:

- 1/2 cup (1 stick) butter, room temperature
- 1 1/2 cups all purpose flour
- 1/2 tsp ground cinnamon
- 1/8 tsp (pinch) ground clove
- 1/4 tsp salt
- 1/4 tsp baking powder
- 1/2 cup packed light brown sugar
- 1/4 cup sugar
- 1 large egg yolk
- 3/4 cup sliced almonds, walnuts or pecans
- 1/2 cup fruit jam, such as cherry, plum, raspberry or strawberry
- 3/4 cup rolled oats

Directions:

1. Preheat oven to 350°F. Butter an 8 x 8 inch baking dish or pan. In a small bowl, whisk together flour, cinnamon, clove, salt and baking powder.
2. In another bowl, cream butter and sugars until light and fluffy; beat in egg yolk. Reduce speed to low; gradually mix in flour mixture. Stir in nuts.
3. In a separate bowl, whisk jam to loosen. Gently press half of dough into bottom of prepared dish. With the back of a spoon, gently spread jam over dough leaving a 1/4 inch border then add oats over jam. Sprinkle remaining dough over top all the way to the edges; press gently to form top layer.
4. Bake until top is golden, 25 to 30 minutes; cool completely in dish. Cut into bars with a serrated knife.

Makes 18 servings

Chicken Spring Salad

Ingredients

- 4 1/2 cups water
- 3 cups uncooked medium bulgur
- 3/4 cup fresh lemon juice (about 3 lemons)
- 2 tsp salt
- 2 1/2 cups chopped skinless, boneless rotisserie chicken breast
- 2 1/2 cups chopped cucumber
- 2 cups halved grape tomatoes
- 1 cup chopped fresh parsley
- 1/2 cup chopped fresh basil
- 1/2 cup chopped red onion
- 2 oz crumbled tofu or any hard lactose free cheese, shredded
- 1/4 cup extra virgin olive oil
- 1/2 tsp black pepper
- 10 kalamata olives, pitted and sliced

Directions

1. Combine water, bulgur, 1/2 cup juice, and 1 teaspoon salt in a large saucepan; bring to a boil over medium to high heat. Cover, reduce heat, and simmer 5 minutes. Remove from heat; let stand 15 minutes or until liquid is absorbed. Uncover and cool to room temperature.
2. Combine remaining 1/4 cup lemon juice, and 1 teaspoon salt. Add remaining ingredients in a large bowl; toss to combine.
3. Add cooled bulgur mixture; toss well to combine. Cover and chill.

Makes 10 servings

Happy Trail Mixture (9 servings)

Ingredients

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|---------|-------------------|
| 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 |



Directions

Mix all ingredients together and store in an air tight container. You can use other types of nuts, seeds and fruits.

Early Morning Riser

Ingredients:

- 1/2 tsp extra virgin olive oil
- 2 slices bacon or turkey bacon
- 2 large eggs, beaten
- pinch of pepper
- 1 oz or 1 slice lactose free cheese
- 1 slice tomato
- 1 whole wheat English muffin, split and toasted
- 1 tbsp butter

Directions:

1. Heat oil in a small nonstick pan over medium heat. Add bacon and cook until desired crispness. Add egg, pepper and cook, stirring constantly until eggs are set, about 30 seconds.
2. To make the sandwich, butter each side of the English muffin. Layer the bacon, eggs, cheese and tomato on one half of the English muffin. Cover with other half of the English muffin.

Variation: Instead of lactose free cheese try adding 1/4 cup drained and crumbled firm tofu. Mash tofu with a fork and beat in with eggs.

Makes 1 sandwich

This chart may help you with serving sizes:

Imperial and Metric Sizes		
1 cup	=	250 ml
¾ cup	=	175 ml
½ cup	=	125 ml
¼ cup	=	60 ml
1 tablespoon	=	15 ml
1 teaspoon	=	5 ml
1 ounce	=	25 g

All commercial products listed in this handout are ® or ™