

Make Every Bite Count...

How to Increase your Intake of Protein and Calories (Gluten-Free Edition)

Increasing your intake of protein and calories can help:

- To build and repair body tissue and promote wound healing
- Build muscle
- Prevent further weight loss or promote weight gain
- Recover faster from illness, injury, or surgery

Tips to making every bite count:

- Try having a small meal or snack every 2-3 hours instead of 3 large meals. Some examples include gluten-free (GF) toast with peanut butter and jam, trail mix, and full fat yogurt with fruit
- Keep quick and easy, energy dense foods on hand at home and while on the go. Examples include GF granola bars, bananas, cheese + rice crackers, frozen dinners, and eggs
- Try to eat more when your appetite is good
- Avoid foods labelled “light”, “calorie reduced”, “low calorie” or those with artificial sweeteners. Make large batches of food, and freeze extra portions to use when you don’t feel like cooking
- Include full-fat milk, rice beverage, or evaporated milk with meals and snacks
- Add fats such as olive oil, canola oil, nut butters, butter and margarine to your foods
- Add avocados to smoothies, sandwiches and salads, or make an guacamole dip
- Choose full fat milk, fruit juice, milkshakes, yogurt beverages, and smoothies instead of drinks low in calories such as coffee, tea and diet beverages
- 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 ounce cheese, or 1 tablespoon of peanut butter

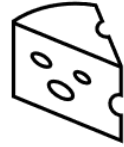


****Nutritional supplements/drinks, such as Boost and Ensure, can help meet your nutritional needs when food alone is not enough****

Ideas For Increasing Your Protein Intake:

Cheese

- Add grated cheese to baked potatoes, casseroles, soups, and chili
- Melt cheese on top of cooked vegetables, eggs, meatloaf, tacos
- Try cottage cheese with your favorite fruit and GF granola



Greek Yogurt

- Serve with fruit (blueberries, raspberries, mango) and GF granola
- Add to smoothies with your favorite fruits, nut butters and milk
- Use in dips and casseroles

Skim Milk Powder or Whey Powder

- Add to cream soups and sauces
- Add into milkshakes, smoothies, coffee, milk
- Add to mashed potatoes and casseroles

Nuts, Seeds or Butters

- Spread nut butters on GF crackers, GF toast, or fruits (banana); or add to smoothies
- Add nuts to yogurt, GF oatmeal, GF cereal, salads, and casseroles
- Make a quick trail mix with raisins, GF pretzels, almonds, cashews and pumpkin seeds
- Add chia seeds, flax seeds, or hemp seeds to GF oatmeal, smoothies, and cereal



Beans or Legumes

- Add hummus on sandwiches, rice cakes or crackers
- Add tofu to soups, smoothies, salads, sauces and stir-fries
- Try baked beans or bean salad

Eggs

- Slice eggs and add to salads, casseroles and sandwich fillings
- Make scrambled eggs with avocado, cheese and your favorite vegetables
- Add pasteurized egg products (example PC Blue Menu) to smoothies
- Snack on a hard-boiled egg



Meat, Fish, or Poultry

- Add to soups, rice, omelettes, salads or quiche
- Eat fatty fish such as salmon, trout, herring and mackerel more often. Add to sandwiches or salads

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

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

Ideas For Increasing Your Intake of Calories:

Healthy Fats:

Fats have more calories per gram than carbohydrates and protein, which can help increase the number of calories you eat, without increasing the amount of food

Avocado:

- Add slices to sandwiches, salads, GF toast, or GF crackers
- Mix into smoothies
- Use guacamole as a dip or a spread



Extra Virgin Olive Oil, Canola Oil, Peanut Oil

- Drizzle over GF pasta, vegetables, salads, or rice
- Use oils liberally when cooking

Ground Flax Seeds, Chia Seeds, Nuts (Walnuts, Pecans, Peanuts)

- Add to smoothies, cereals, oatmeal, or sauces
- Make a homemade trail mix with dried fruits (cranberries, dates, raisins, apricots)

Use Full-Fat Dairy Products:

- Use whole milk or evaporated milk instead of low fat or no-fat milk. Add to coffee/tea, smoothies, oatmeal and mashed potatoes or have a glass of milk
- Choose yogurt or kefir with a higher milk fat (MF) percentage. Flavored and fruited varieties provide even more calories
- Add 14% sour cream or cream cheese to sandwiches, soups, and mashed potatoes
- Add higher fat cheeses to vegetables, sauces, salads, potatoes, and eggs



Butter or Margarine:

- Add to vegetables, potatoes, rice, quinoa, GF breads, and oatmeal
- Cook meats, fish, poultry and eggs in butter

Desserts:

- Add nuts, chocolate chips, or fruit to your favorite GF ice creams
- Top desserts and beverages with whipped cream
- Enjoy canned fruit in heavy syrups, puddings and applesauce
- Add jams and jellies to toast, fruits and rolls



Other Ideas:

- Add extra mayonnaise on sandwiches
- Add GF gravies to potatoes, vegetables, rice, GF breads

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