

NUTRITION KEYNOTES

Tips to Increase Calories and Protein



Goals:

- *To prevent or correct malnutrition.*
- *To provide enough calories and protein to reach and maintain goal weight.*
- *To eat enough calories to prevent protein from being used as energy instead of tissue building.*

General Guidelines

You don't always have to eat a lot, but try to eat often. Use food to get more calories and protein when possible. If you are unable to eat more food, try using liquid nutritional supplements and/or fortified instant breakfast drinks between meals to help increase your nutritional intake. (They are available in grocery stores, drug stores, and Kaiser Permanente pharmacies.)

Eat more protein foods. To increase protein, drink liquid protein supplements such as protein shots, Pro-Stat, or whey protein powder. Eat Greek yogurt. It has a lot more protein than regular yogurt.

To increase calories, drink fruit juice or milk instead of water. Double or triple the portion sizes of added fats and oils (olive, canola, and soy oil, butter, margarine, cream cheese, sour cream, avocado, olives, or salad dressings).

Loss of appetite is common, especially during and after an illness. Try to eat at least six times a day, or every two to three hours. Set an alarm to remind yourself to eat. Eat even if you are not hungry.

Cheese

Melt on sandwiches, meats, fish, vegetables, and eggs. **Grate** in sauces, casseroles, mashed potatoes, rice, pastas, and breads. **Stuff** into vegetables and meat loaf. **Spread** cream cheese on sandwiches, sliced fruit, and crackers. **Mix** cottage cheese in pastas, gelatins, pancake batter, fruit, and egg dishes.

Whole Milk, Undiluted Evaporated Canned Milk, and Cream

Add or **substitute** for water in food preparation. **Serve** cream sauces on vegetables, eggs, pastas, or rice. **Pour** cream on cereals, fruits, and desserts. **Top** desserts, fruits, and hot beverages with whipped cream.

Powdered Milk and Protein Powder

Blend into 1 quart of whole milk to make it higher in protein and calories. **Add** milk powder to meat loaf, casseroles, sauces, cream soups, and shakes.

(over)

For more information, please contact your registered dietitian or local Health Education Department.

Ice Cream and Yogurt

Spread between cookies, cake slices, or graham crackers. **Blend** into shakes and sodas. **Add** to cereals, fruits, gelatins, desserts, and pies. **Top** with fruit, nuts, granola, syrups, sauces, whipped cream, and nut butters.

Eggs

Top salads, vegetables, casseroles, soups, stews, pastas, and potatoes with chopped hard-cooked eggs. **Blend** pasteurized egg substitute into mashed potatoes, vegetable purees, shakes, and malts. **Do not eat or drink raw eggs.**

Nuts, Nut Butters, and Seeds

Spread nut butters on sandwiches, toast, muffins, crackers, fruit slices, pancakes, and waffles. **Use** as a dip for raw vegetables and fruit. **Add** to meat loaf, cookies, bread, muffins, vegetables, and salads. **Blend** nut butters with milk drinks or swirl through ice cream and yogurt. **Top** cookies or cakes with nut butters. **Serve** nuts and seeds as snacks. **Roll** bananas in chopped nuts.

Meat and Fish

Use in omelets, soufflés, quiches, sandwich fillings, and poultry stuffing. **Add** small pieces to vegetable salads, casseroles, soups, stuffed baked potatoes, and biscuit ingredients. **Wrap** in pie crust or biscuit dough as turnovers. **Stir** pureed meats into soups, broths, and gravies.

Plant Protein

Add cooked dry split peas and beans (such as pinto, garbanzo, or kidney), quinoa, or tofu to soups, pastas, casseroles, and meat- or milk-based dishes. **Mash** with cheese and oil. **Add** textured vegetable protein to burgers, meat loaf, spaghetti sauce, casseroles, or sandwich filling.

250-Calorie Snacks

- Avoid light, “lite,” or diet foods.
- 1 handful of nuts
- 8 buttery style crackers with 1 ounce cheddar cheese or 1 tablespoon peanut butter
- ½ sandwich: 1 slice bread, 2 ounces cheese or meat, 1 teaspoon mayonnaise
- quesadilla: 1 tortilla, 2 ounces cheese, salsa
- whole apple (sliced) with 2 tablespoons peanut butter
- 1 cup pudding or fruit yogurt
- 1 slice pizza with extra cheese
- 8-ounce can of liquid nutritional supplement providing 250 calories/8-ounce serving

350-Calorie Snacks

- 10 buttery style crackers with 2 ounces cheddar cheese or 2 tablespoons peanut butter
- ½ sandwich: 1 slice bread, 2 ounces meat or cheese, 2 teaspoons mayonnaise, 1 slice avocado
- 1 tortilla, 2 ounces cheese, salsa, 1 cup orange juice
- whole banana with 2 tablespoons peanut butter
- ⅓ cup hummus and 11 Wheat Thins crackers
- shake made with 1 cup whole milk, ½ cup ice cream
- 1 carton Greek yogurt (not low fat) with ⅓ cup granola or trail mix
- 8-ounce can of liquid nutritional supplement providing 350 calories/8-ounce serving

Recipe for a High-Calorie Shake

- 1 cup whole milk
- 1 banana
- 1 chocolate Carnation Breakfast Essentials (“instant breakfast”)
- 1 tablespoon peanut butter