



HIGH CALORIE, HIGH PROTEIN DIET **MORE ENERGY, MORE STRENGTH**

Is your appetite poor or do you need to gain weight?

Eating adequate calories and protein can help you to:

- have more energy
- maintain or gain weight
- fight infection
- heal wounds
- recover faster from surgery or illness

350-calorie snacks

- 10 square crackers and 1/3 cup hummus
- 1 slice whole wheat toast with 2 tablespoons peanut butter and sliced banana
- 1 serving saimin with 1 egg
- 1 envelope instant breakfast powder mixed with whole milk
- Milk shake: 1 cup whole milk, 1/2 cup ice cream
- 1 carton regular yogurt (not low-fat) with 1/3 cup granola or trail mix
- Fruit smoothie: 1 cup regular yogurt (not low-fat), 1/2 cup orange juice, 1 cup frozen berries
- 1 whole wheat English muffin, 2 teaspoons margarine, 1 ounce cheese, 1 egg
- Half cup of trail mix, 1/2 cup juice
- 1 cup wheat cereal, 8 ounces whole milk, 1 banana
- Boost Plus® or Ensure Plus® nutrition supplement

Avoid “lower calorie”, “light”, or “reduced fat” foods until your appetite is better.

Weigh yourself about once a week to monitor your progress.



Eat small, frequent meals or have snacks

- Eat six times a day – about every two to three hours. Extra meals and snacks will help you get enough calories and protein.
- Eat a variety of foods to get all the nutrients you need.
- Nutrition supplement drinks such as Boost®, Boost Plus® or Ensure® can help. Have one as part of your meal or for a snack until you are eating well.

High-protein Foods

- Cheese, cottage cheese
- Milk, soy milk, milk powder
- Eggs, egg substitute
- Yogurt, especially Greek yogurt
- Nuts, seeds
- Peanut butter
- Tofu and other soy products
- Beans, peas, lentils
- Beef, poultry, pork, and other meats
- Fish and other seafood

Keep ready-to-eat snacks on hand while at home, the office, and on the road



Ideas to add protein

- Eat high-protein foods at each meal – fish, poultry, meat, eggs, yogurt, tofu, peanut butter, dried beans, and lentils.
- Add cheese to sandwiches, or melt on top of bread, eggs, potato, pasta, or vegetables.
- Have a cup of milk or soy milk with meals
- Check with your doctor or dietitian about adding protein powder to beverages or foods.

Fruits, vegetables, and calories

Fix up fruits and vegetables

- Eat fruits and vegetables every day for good nutrition.
- Add calories to your vegetables by using cheese sauce, butter, margarine, or olive oil.
- Top salads with hard-boiled egg, cheese, avocado, nuts, seeds, and regular dressing.
- Beans, such as kidney and soybeans, are high in protein. Add them to salsas and salads. Enjoy chips with a bean dip or hummus. Add chopped avocados or guacamole for more calories.
- Choose fruits canned in syrup instead of water or juice.
- Dried fruits are also a good source of calories.



Add calories

- Until you have a good appetite, added fat can provide more calories. A tablespoon of oil, butter, or margarine has about 100 calories.
- Add fats like margarine or butter to your foods. Use regular salad dressings or dips. Use oil when cooking foods. Use regular (not low-fat) milk and dairy products.
- Nuts, peanut butter and other nut butters are also high in calories, as well as protein.

Drink calorie beverages

Drink plain water, tea, and coffee less often because they have no calories.

- Choose high-calorie beverages, such as whole milk, blended coffee drinks, milk shakes, fruit smoothies, or juice.
- Use whole milk when preparing coca, cream soups, hot cereals, or pudding.
- For “extra strength” milk, mix 1-cup whole milk with ¼ cup powdered milk. This drink tastes best when it is very cold. Try it with chocolate or strawberry syrup.

Calorie Snacks

250-calorie snacks

- 8 buttery-style crackers with 1 ounce cheddar cheese or 1 tablespoon peanut butter
- Banana bread or muffin with 1 teaspoon margarine
- Half sandwich: 1 slice bread, 2 ounces cheese or meat, 1 teaspoon mayonnaise
- Quesadilla: 1 tortilla, 2 ounces cheese, salsa
- 1 slice medium pizza
- 1 handful of nuts
- Whole apple (sliced) with 2 tablespoons peanut butter
- 1 cup raw veggies with 3 tablespoons of salad dressing or dip
- 1 cup of regular cottage cheese with ½ cup of fruit
- 1 packet of instant breakfast drink mixed with 1 cup of whole milk
- Boost® or Ensure® nutrition supplement



You don't need to eat a lot at each meal.

Instead, try to eat more often, even if you are not feeling hungry.

If you continue to lose weight, ask your doctor to refer you to a dietitian.
