

The Power Up Plate

If you have a poor appetite or need to gain weight



Proteins

for muscle and healing

fish, chicken, turkey, beef, pork, eggs, tofu, legumes, Greek yogurt, cottage cheese, cheese

Healthy Fats

for extra calories

olive or canola oil, buttery spreads, peanut butter, other nut butters, salad dressing, avocado, ground flax seeds, and other seeds

Fruits & Vegetables

for fiber and vitamins

choose a variety. For added calories, top vegetables with healthy fats and combine a fruit with proteins

Starches

for calories

rice, potato, sweet potato, poi, taro, breadfruit, noodles, quinoa, jook, bread, oatmeal

High Calorie Beverages

for fluids and calories

whole milk, soy milk, shakes, smoothies, cocoa, juice, nutrition supplement drinks

Boost Your Nutrition

- ✓ Eat 5 to 6 times per day - 3 meals plus 2 or 3 snacks
- ✓ Eat a protein-rich food at each meal
- ✓ Add healthy fats to your foods for extra calories
- ✓ Eat a variety of foods to get all nutrients
- ✓ Choose beverages with calories
- ✓ Have a nutrition supplement after or between meals

Snack Ideas

- Half a sandwich
- Greek yogurt
- Cheese & crackers
- Fruit & cottage cheese
- Bread with avocado or nut butter
- Pita bread & hummus or guacamole
- Instant breakfast mix with whole milk
- Pizza slice
- Banana bread & spread
- Trail mix or nuts
- Cereal & milk

Nutrition Supplement Options

If you are not eating well, consider nutrition supplements. They are a convenient way to get essential nutrients and can help you to maintain or gain weight. Supplements taste best when chilled or mixed with ice. Refrigerate opened supplements and throw away after one day. For recipe ideas using nutrition supplements, visit www.boost.com/recipes.

Standard Nutrition Supplements

Boost is a popular nutrition supplement. In general, take one to three of these per day, depending on how much you are eating.

- **BOOST** - 240 Calories, 10 grams Protein per serving *vanilla, chocolate, strawberry*
- **BOOST PLUS** - 360 Calories, 14 grams Protein per serving *vanilla, chocolate*
- **BOOST BREEZE** - 250 Calories, 9 grams Protein per serving *berry, orange*

Special Nutrition Supplements

If you are able to eat only very small amounts:

- **BOOST VERY HIGH CALORIE** - 530 Calories, 22 grams Protein per serving; *vanilla*. Start with a half-carton two to three times per day.

If you have diabetes and need a lower carbohydrate supplement:

- **BOOST GLUCOSE CONTROL** - 190 Calories, 16 grams Protein per serving; *vanilla*

If you have kidney problems and need a low potassium or low phosphorus supplement:

- **NOVASOURCE RENAL** - 475 Calories, 22 grams Protein per serving; *vanilla*. Start with a half-carton two times per day.



Where can I purchase nutrition supplements?

Nutrition supplements are not a covered medical benefit. Boost and similar supplements, such as Ensure, are sold at most drug stores and large warehouse stores. For your convenience, the supplements above are available to purchase at Kaiser Permanente Pharmacies.

1. Call Pharmacy at **808-643-7979**, option 3 to pre-order.
2. Pick up in 2 business days, and no later than 5 days.
3. Pay when you pick up.

Products for sale are subject to change.

Shakes & Smoothies

Shakes and smoothies are a tasty way to get more nutrition. Here are a couple recipes to blend up.

FRUIT SMOOTHIE

Fruit, $\frac{3}{4}$ to 1 cup	banana, frozen berries, any fruit
Liquid, $\frac{3}{4}$ cup	whole milk, soy milk, coconut milk, juice
Protein	Greek yogurt, soft tofu, protein powder, dry milk powder
Optional	1 tablespoon chia seeds, ice cubes

SHAKES

Frozen dessert	ice cream, sherbet, sorbet
1 cup	
Liquid, $\frac{3}{4}$ cup	whole milk, soy milk, coconut milk, nutrition supplement
Flavor options	nut butter, avocado, instant coffee granules (dissolve in 1 tablespoon water first)