

# Adding Calories and Protein to Your Diet

Some illnesses and treatments increase the amount of calories and protein you need, or affect your appetite. These can cause you to lose weight when you don't want to.

This handout will help you choose foods that are high in calories and protein. Even a small increase in calories and protein every day can help you to maintain or gain weight and strength. Use the suggestions in this handout until your appetite is better, your weight is healthier, or until your healthcare provider says you can go back to your usual diet.

## Tips to improve your calorie and protein intake

- Try to eat every 2 to 3 hours, even when you don't feel hungry.
- Try to eat more when your appetite is better.
- Carry snacks with you wherever you go. See the lists below for foods that are easy to carry.
- When you feel well, make larger amounts and freeze meals in single portions. You will have quick and healthy meals for when you don't feel well enough to cook.
- Try frozen TV dinners or meal services (such as Meals on Wheels) if it is too hard to cook.
- Clear broth, coffee, and tea are low in calories. Drink fluids between meals or at the end of your meal. You will feel hungrier at meals and be able to eat more.
- Limit foods and drinks that are labelled "light", "low fat", "fat-free", "low calorie" or "sugar-free".

Use the table below to choose a variety of foods that will help you increase the calories and protein in your diet.

Food	Tips to increase calories and/or protein at meal and snacks																			
<p><b>Milk:</b></p> <ul style="list-style-type: none"> <li>• Higher fat milks:               <ul style="list-style-type: none"> <li>• Whole or 2%</li> <li>• Evaporated milk, whole, or 2%</li> <li>• Buttermilk, whole or 2%</li> </ul> </li> <li>• Cream, all types</li> <li>• Soy beverage</li> <li>• Flavoured 2% milk such as chocolate, strawberry, or vanilla</li> <li>• High calorie milk (see recipe at right)</li> <li>• Skim milk powder. If you have trouble adding skim milk powder to foods, try mixing it first with a little milk to make a paste. This will prevent lumps from forming.</li> </ul>	<ul style="list-style-type: none"> <li>• Drink milk at meals or between meals</li> <li>• Add skim milk powder or cream to fluid milk.</li> </ul> <div data-bbox="646 1220 1487 1528" style="border: 1px solid black; padding: 5px;"> <p><b>Recipe for High Calorie, High Protein Milk</b></p> <table> <tr> <td>1 cup</td> <td>homo milk</td> <td>250 mL</td> </tr> <tr> <td>2 Tbsp</td> <td>cereal cream</td> <td>30 mL</td> </tr> <tr> <td>2 Tbsp</td> <td>skim milk powder</td> <td>30 mL</td> </tr> </table> <p>Mix all ingredients until skim milk powder is dissolved. Makes about 1¼ cups (300 mL) with 225 calories, 12 grams protein.</p> </div> <ul style="list-style-type: none"> <li>• Add higher fat milks (whole or 2%), evaporated milk, skim milk powder or cream instead of water when you make:           <table> <tr> <td>• desserts</td> <td>• milkshakes</td> </tr> <tr> <td>• casseroles</td> <td>• puddings</td> </tr> <tr> <td>• hot beverages</td> <td>• smoothies</td> </tr> <tr> <td>• hot cereals</td> <td>• soups</td> </tr> <tr> <td>• mashed potatoes</td> <td>• sauces</td> </tr> </table> </li> </ul> <p>Note: If you are lactose intolerant, try lactose-reduced milk such as Lactaid®, Lacteeze® or fortified soy drinks.</p>	1 cup	homo milk	250 mL	2 Tbsp	cereal cream	30 mL	2 Tbsp	skim milk powder	30 mL	• desserts	• milkshakes	• casseroles	• puddings	• hot beverages	• smoothies	• hot cereals	• soups	• mashed potatoes	• sauces
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<p><b>Cheese:</b></p> <ul style="list-style-type: none"> <li>• Cheese</li> <li>• Soy cheese</li> <li>• Cottage or ricotta cheese, higher than 2% MF*</li> <li>• Cream cheese</li> <li>• Cheese spread, such as Cheez Whiz®</li> <li>• Processed cheese slices</li> </ul> <p>*MF = Milk Fat</p>	<ul style="list-style-type: none"> <li>• Have cheese or cottage cheese with any meal or snack. Use higher fat cheeses (at least 28% MF)</li> <li>• Try a slice of cheese with your favourite sandwich. Use two slices of cheese in a grilled cheese sandwich instead of one.</li> <li>• Melt cheese on toast, English muffins, or bagels.</li> <li>• Snack on cheese and crackers.</li> <li>• Add grated cheese, cottage, or ricotta cheese to: <ul style="list-style-type: none"> <li>• salads</li> <li>• casseroles</li> <li>• sauces</li> <li>• vegetables</li> <li>• pasta or rice</li> <li>• baked/mashed potatoes</li> <li>• soups</li> <li>• eggs</li> </ul> </li> <li>• Make cheese sauce for vegetables</li> <li>• Have a cheese fondue; cut up bread, celery, or apple wedges for dipping.</li> </ul> <p>Note: Some people who are lactose intolerant can eat cheese. Soy cheese can be used in place of regular cheese.</p>
<p><b>Other milk products:</b></p> <ul style="list-style-type: none"> <li>• Yogurt, higher than 1% MF</li> <li>• Greek-style yogurt, higher than 1% MF</li> <li>• Soy yogurt</li> <li>• Minigo®, Petit Danone®</li> <li>• Sour cream, 14 % MF</li> <li>• Pudding</li> <li>• Custard</li> <li>• Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>• Use yogurt or ice cream as a topping for fresh fruit, pancakes, waffles and desserts or use it in milkshakes and smoothies.</li> <li>• Use yogurt or sour cream to make salad dressings, sauces, fruit or vegetable dips.</li> <li>• Add sour cream and yogurt to casseroles, soups, potatoes, noodles, chili and vegetables.</li> <li>• Have milk pudding or custard between meals or as a dessert. Use whole or higher fat milk when making pudding or custard.</li> </ul> <p>Note: Some people who are lactose intolerant can eat yogurt. Soy yogurt can be used in place of regular yogurt.</p>
<p><b>Eggs:</b></p> <ul style="list-style-type: none"> <li>• Whole eggs</li> <li>• Egg substitutes (Eggbeaters®)</li> <li>• Pasteurized egg whites</li> <li>• Commercial eggnog</li> </ul>	<ul style="list-style-type: none"> <li>• Choose egg dishes such as soufflés, quiche and omelets.</li> <li>• Make or buy desserts that use eggs, such as custard or bread pudding.</li> <li>• Drink store-bought eggnog when available; it is high in protein and calories.</li> <li>• Cut up hard-boiled eggs and add to salads. Or mix them with salad dressing or mayonnaise for an egg salad sandwich.</li> <li>• Dip meat in beaten egg and coat with bread crumbs before baking.</li> </ul> <p>Add whole eggs to:</p> <ul style="list-style-type: none"> <li>• soups, casseroles, hot cereal, fried rice, or stir-fried vegetables</li> <li>• ground meat mixtures such as meatballs, meatloaf, or hamburgers</li> <li>• baked goods, pancakes, and French toast</li> <li>• milkshakes, if the eggs are pasteurized* (You can buy pasteurized egg whites in the dairy section of your grocery store.)</li> </ul> <p><b>*Only eat raw eggs in food if the eggs have been pasteurized.</b></p>

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<p><b>Meat and alternatives:</b></p> <ul style="list-style-type: none"> <li>• Meat, fish and poultry</li> <li>• Dried, cooked beans, peas, and lentils such as navy beans or chick peas</li> <li>• Hummus</li> <li>• Nuts, seeds, hemp hearts</li> <li>• Peanut butter and nut butters</li> <li>• Pea butter</li> <li>• Soy products (tofu and meat substitutes)</li> </ul>	<p>Eat meat, fish, poultry, and alternates with your meals and snacks. These are very good sources of protein.</p> <p><b>Meat and fish:</b></p> <ul style="list-style-type: none"> <li>• Add extra beef, chicken, tuna, to casseroles, vegetable dishes, pasta or rice dishes, soups, spaghetti sauce, and salads.</li> </ul> <p><b>Dried, cooked beans, peas, lentils:</b></p> <ul style="list-style-type: none"> <li>• Keep canned beans like kidney or navy beans on hand—they are quick to prepare.</li> <li>• Add extra beans, lentils or tofu to casseroles, vegetable dishes, pasta or rice dishes, soups, spaghetti sauce, and salads.</li> <li>• Use hummus and bean dips for sandwich fillings, cracker spreads, or vegetable dips.</li> <li>• Try roasted soy beans or frozen soy beans (edamame).</li> <li>• Choose sweet tofu as dessert.</li> </ul> <p><b>Nuts and nut butters:</b></p> <ul style="list-style-type: none"> <li>• Eat nuts, seeds, or hemp hearts as a snack. You can buy hemp hearts in many grocery stores.</li> <li>• Add nuts when baking muffins, cookies, and loaves.</li> <li>• Add nuts and seeds to cereal, salads, casseroles, pasta sauces.</li> <li>• Snack on trail mix.</li> <li>• Spread peanut or other nut butters on toast, sandwiches or crackers. Top with coconut, nuts, seeds, or raisins.</li> <li>• Use peanut or other nut butters as a dip for apple wedges or celery.</li> <li>• Add peanut butter or other nut butters to recipes for hot cereal, cookies, muffins, loaves, and milkshakes.</li> </ul>
<p><b>High fat food:</b></p> <ul style="list-style-type: none"> <li>• Margarine and butter</li> <li>• Vegetable oil</li> <li>• Mayonnaise and salad dressing</li> <li>• Creamy sauces and gravy</li> <li>• Coconut milk, regular fat</li> </ul>	<p>Add extra fat during and after cooking foods:</p> <ul style="list-style-type: none"> <li>• on breads, sandwiches, toast, crackers, and rolls</li> <li>• on mashed potatoes, vegetables, pasta, or rice</li> <li>• in soups, hot cereal, blender drinks, or milkshakes</li> <li>• to desserts and creamy sauces</li> </ul>
<p><b>Sweets</b></p> <ul style="list-style-type: none"> <li>• Sugar</li> <li>• Syrup</li> <li>• Jam, jelly, and honey</li> <li>• Candy</li> <li>• Chocolate, chocolate-covered raisins and nuts</li> <li>• Dessert</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy high-calorie desserts like cakes, pies, and pastry in moderation.</li> <li>• Add sugar, cinnamon sugar, jam, jelly, and syrup to toast, pancakes, waffles, muffins, or other foods.</li> <li>• Use jelly or syrup for a glaze on meat or vegetables.</li> <li>• Have chocolate-covered raisins or peanuts at snacks.</li> <li>• Soft drinks, candy, and alcohol have calories but very few nutrients. Eat these only once in a while.</li> </ul>

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<p><b>Other foods:</b></p> <ul style="list-style-type: none"> <li>• Dried fruit</li> <li>• Granola, muesli, or trail mix</li> <li>• Avocado</li> <li>• Wheat germ, oat bran</li> <li>• Grains like quinoa, bulgur, buckwheat</li> <li>• Higher protein cereals like Special K Satisfaction®, Vector®, Quaker Weight Control® Instant Oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>• Sprinkle wheat germ, dried fruit, or granola on pudding, yogurt, cottage cheese, or ice cream.</li> <li>• Add dried fruit or wheat germ to baked goods and hot cereal.</li> <li>• Eat granola or muesli alone or mixed with other cereals.</li> <li>• Add slices of avocado to sandwiches and salads, or mash them to make a vegetable or cracker dip.</li> <li>• Snack on trail mix.</li> </ul>
<p><b>Supplements:</b></p> <ul style="list-style-type: none"> <li>• Nutrition supplement drinks, bars and puddings (Boost®, Boost Plus®, Boost Pudding®, Ensure®, Ensure Plus®, Carnation Breakfast Essentials®)</li> <li>• Boost® Fruit Flavoured Beverage, Gatorade® Recover</li> <li>• Protein powder (soy, whey, casein)</li> </ul>	<ul style="list-style-type: none"> <li>• Add nutrition supplements drinks, bars, or puddings to meals and snacks to boost your calories.</li> <li>• Brands from your grocery store or pharmacy are just as nutritious and may cost less than brand names.</li> <li>• Use nutrition supplement drinks, bars, or puddings as meal replacements if your appetite is poor.</li> <li>• Try mixing store-bought supplement drinks with homemade milkshakes, or blender drinks.</li> <li>• Mix protein powder with ground meat, casseroles, soups, baked goods, and beverages. Follow the directions on the label.</li> </ul>

### Quick High-Protein Shake

¼ cup	Whole milk	60 mL
1 Tbsp	10% cream	15 mL
¾ cup	Ice cream	175 mL
2 Tbsp	Skim milk powder	30 mL
½ cup	Fresh, frozen, or canned fruit	125 mL
1 Tbsp	Flavouring (fruit, or flavoured syrops or extracts)	15 mL

Blend all ingredients in a blender.

Makes 1½ cup (325 mL), 390 calories, 12 grams protein, 15 grams total fat, 46 grams carbohydrate.

Try changing the kind of fruit, ice cream or flavouring. You can also increase the amount of cream, or use a nutrition supplement drink instead of milk.

### Tofu Fruit Shake

(adapted from *Healthy Eating Using High Protein, High-Energy Foods*, BC Cancer Agency, 2000)

1 pkg	Soft tofu	300 g
¾ cup	Sweetened fortified soy beverage	175 mL
½ cup	Frozen fruit juice concentrate	75 mL
3 Tbsp	Honey	45 mL
1	Ripe banana	1

Blend all ingredients until smooth. Chill before serving.

Makes 2 servings, 350 calories, 12 grams protein, 6 grams total fat, 66 grams carbohydrate.

Try replacing the banana with ½ cup (125 mL) or more of strawberries, raspberries, blueberries, or other fruits.