High Protein/High Calorie Diet

A high protein/high calorie diet increases the amount of protein and calories in the foods you eat. You may need more protein and calories in your diet because of illness, surgery, injury, weight loss, or have a poor appetite. Eating protein and calorie rich foods can help you gain weight, heal and recover after illness.

SERVING SIZES:

Measuring foods and serving sizes helps to make sure you are getting the right amount of food. The list below tells how big or small some common serving sizes are.

1 ounce (oz) of cheese or 1 ½ oz cheese	3 or 4 stacked dice
2-3 oz cooked meat	Deck of cards
1 teaspoon (tsp)	Tip of little finger
1 tablespoon (Tbsp)	Tip of thumb
2 Tbsp	Golf ball
½ Cup	Half of a fist
1 Cup	A fist

HIGH PROTEIN FOODS:

Dairy Sources

- Whole milk.
- Whole milk yogurt.
- Powdered milk.
- Cheese.
- Cottage Cheese.
- Instant breakfast products.
- Eggnog.

Tips for adding to/using in diet:

- Use whole milk when making hot cereal, puddings, soups and hot cocoa.
- Add powdered milk to baked goods and smoothies or milkshakes.
- Make whole milk yogurt parfaits by adding granola, fruit or nuts.
- Add cheese to sandwiches, pastas, soups and casseroles.
- Add fruit to cottage cheese.

Meat Sources

- Beef, pork and poultry.
- Fish and seafood.
- Peanut butter.
- Dried beans.
- Eggs.

Tips for adding to/using in diet:

- Make meat and cheese omelets
- Add eggs to salads and baked goods
- Add fish and seafood to salads
- Add meat and poultry to casseroles, salads, and soups
- Use peanut butter as a topping for pretzels, celery, crackers or add to baked goods
- Use beans in casseroles and dips or spreads

GENERAL GUIDELINES TO INCREASE CALORIES:

- Replace calorie free drinks with calorie containing drinks such as milk, fruit juices, regular soda, milkshakes, and hot chocolate.
- Try to eat 6 small meals instead of 3 large meals each day.
- Keep snacks handy such as nuts, trail mixes, dried fruit, and yogurt.
- Choose foods with sauces and gravies to increase calories.

- Add dried fruits, honey, and half and half to hot or cold cereal.
- Add extra fats when possible such as butter, sour cream, cream cheese, and salad dressings
- Sprinkle or add cheese to foods often.
- Consider adding a clear liquid nutritional supplement to your diet. Your caregiver can give you recommendations.

HIGH CALORIE FOODS:

Grain/Starch Sources

- Baked goods such as muffins and quick breads.
- Pancakes and waffles.
- Croissants.

Vegetable Sources

- Sautéed vegetables in oil.
- Fried vegetables.
- Salad greens with regular salad dressing or vinegar and oil.

Fruit Sources

- Dried fruit.
- Canned fruit in syrup.
- Fruit juice.

Fat Sources

- Avocado.
- Mayonnaise.
- Peanuts and mixed nuts.
- Butter or margarine.
- Salad dressing.
- Cream cheese and sour cream.
- Whipped cream.

Sweets and Dessert Sources

- Cake.
- Cookies.
- Pie.
- Ice cream.
- Donuts and pastries.
- Protein and meal replacement bars.
- Jam, preserves and jelly.
- Candy bars.
- Chocolate.
- Chocolate, caramel, or various syrups.

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