

WAYS TO INCREASE CALORIES AND PROTEIN

1. Why is good nutrition important?

- prevents weight loss
- prevents body tissue from breaking down
- helps to repair damaged tissue
- helps to fight infection
- provides energy

2. What foods should be included?

- eat a variety of foods daily: grains, fruits, vegetables, meats, dairy products
- eat more high-protein, high-calorie foods

3. What are high-protein foods?

- protein helps your body to heal and fight infection
- protein rich foods include:

Meats	Seafood	Eggs	Dried beans	Nuts and Seeds
Fish	Poultry	Dairy products	Tofu/Soy milk	Peanut Butter

4. What are high-calorie foods?

- foods containing large amounts of fat and sugar provide extra calories
- examples of high-calorie foods:

Fried foods	Whole Milk	Cream	Nuts/Seeds	Oils
Desserts	Cheese	Meats	Butter or margarine	Mayonnaise

5. How do I increase calories and protein in my diet?

- eat 5-6 small meals a day (3 meals + 3 snacks)
- nutritious snack ideas:

Canned fruits with syrup	Custard	Tofu fa
Pudding	Sweet potato soup	Nuts and seeds
Ice cream	Red bean soup	Peanut porridge
Sesame seed porridge	Yogurt	
- add honey, glucose or polycose into water or drinks
- add sesame oil to foods or soups
- add sweetened condensed milk into coffee, tea or hot cereal
- spread margarine, mayonnaise, avocado, peanut butter, jam or sweetened condensed milk onto breads or crackers
- use whole milk and add in powdered milk, Ovaltine, Horlicks and/or sugar
- add evaporated milk into desserts (gelatin, pudding, red bean soup) and hot cereal
- add blenderized cooked meats and vegetables, tofu, shredded dried pork or fish to soups or rice gruel
- add eggs or egg whites into soups or hot cereals
- use nutritional supplements such as Ensure, Instant Breakfast, or Boost
- Soups, chicken essence, rice gruel provide mainly fluids and contain minimal calories and protein.