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/Soymilk  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.