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 polyose 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.