

# High-Calorie / High-Protein Diet



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Some illnesses and treatments increase the amount of calories and protein you need or affect your appetite. This can cause you to lose weight when you don't want to. Getting enough calories and protein in your diet is essential to prevent that from happening.



## Who may need to follow a high-calorie/high-protein diet?

- Struggling to eat enough throughout the day
- Experiencing unplanned weight loss
- Recovering from surgery or illness

## Benefits of meeting daily calorie and protein needs:

- Boosts energy levels
- Improves strength and functional ability
- Heals wounds
- Fights infections
- Speeds up recovery time from surgery or illness
- Prevents hospitalizations

## Tips to Improve Intake


- Eat small, frequent meals or have snacks.
  - Small meals/snacks may be better tolerated and digested than large meals.
  - Try to eat every 2-3 hours, even when you don't feel hungry.
- Always have snacks on hand.
- Schedule the timing of meals/snacks everyday or set timers to remind yourself when it's time to eat.
- Eat more at the time of day when your appetite is at its best.
- When you feel well, make larger amounts of food and freeze meals in single portions, so you have quick and healthy meals prepared for you when you don't feel well enough to cook.


## More Tips

- Eat a protein source at every meal.
- Snack on high-protein foods.
- Use protein enhancers/supplements.
- Choose high-calorie starchy vegetables such as potatoes, corn, and peas.
- Add calorie-dense foods to your meals/snacks.
- Limit foods labelled "light", "low-fat", "fat-free", or "low-calorie".
- Drink beverages between meals or at the end of meals to leave more room for food.
- Make meal experiences pleasant by eating with others when possible and by setting the table.
- Take a walk before eating (*with a health care provider's approval*) to help increase your appetite.



# Ways to Add Calories and Protein to Meals and Snacks

Food	Tips
<p><b>Milk</b></p> <p>Choose higher-fat milk:</p> <ul style="list-style-type: none"><li>› Whole or 2%</li><li>› Evaporated milk, whole or 2%</li><li>› Buttermilk, whole or 2%</li><li>› Heavy cream, half &amp; half, whipped cream</li><li>› Chocolate, strawberry, or vanilla milk (2%)</li></ul> <p>Soy beverages</p> <p>Skim milk powder</p> 	<ul style="list-style-type: none"><li>› Use milk to substitute for water when cooking</li><li>› Add to desserts, casseroles, hot beverages, hot cereals, mashed potatoes, milkshakes, puddings, smoothies, soups, and sauces</li><li>› Blend milk powder with whole milk</li><li>› Top desserts, fruit, molded salads, and hot beverages with whipped cream</li></ul> <p><i>Note: if you are lactose intolerant try lactose-reduced or lactose-free milk such as Lactaid, Lacteeze, Fair Life, and fortified soy drinks.</i></p>
<p><b>Cheese</b></p> <ul style="list-style-type: none"><li>› Cottage cheese</li><li>› Ricotta cheese</li><li>› Shredded cheese</li><li>› Cream cheese</li><li>› Cheese spread (Cheez Whiz)</li><li>› Cheese Slices</li></ul> 	<ul style="list-style-type: none"><li>› Mix cottage cheese or cream cheese with fruit</li><li>› Stuff into vegetables and meatloaf</li><li>› Melt on sandwiches, bread, muffins, tortillas, meats, fish, vegetables, and eggs</li><li>› Grate and add to soups, sauces, casseroles, mashed potatoes, rice, pasta, and bread</li><li>› Serve as a snack with crackers or bagels</li><li>› Make a cheese sauce to drizzle on meat, fish, or vegetables</li></ul>
<p><b>Ice Cream, Yogurt, &amp; Frozen Yogurt</b></p> 	<ul style="list-style-type: none"><li>› Blend into milkshakes, smoothies, and soda</li><li>› Add to or use as a topping for cereals, fruits, and desserts</li><li>› Use seasoned yogurt as a dip for fruits, vegetables, or chips</li><li>› Use plain Greek yogurt in place of sour cream for extra protein</li></ul>
<p><b>Eggs</b></p> 	<ul style="list-style-type: none"><li>› Add hard-boiled eggs to salads or sandwiches</li><li>› Beat eggs into mashed potatoes, vegetable purees, and sauces</li><li>› Choose egg dishes such as souffle, quiche, and omelets</li><li>› Drink store-bought egg nog when it is available (it is high in protein and calories)</li><li>› Dip meat in beaten eggs and coat with bread crumbs before baking</li><li>› Add whole eggs to soups, casseroles, fried rice, stir-fried vegetables, or ground meat like meatballs, meatloaf, or hamburgers</li></ul>
<p><b>Beans/Legumes</b></p> 	<ul style="list-style-type: none"><li>› Add dried peas, beans, &amp; tofu to soups, casseroles, pasta, &amp; grain dishes with cheese or meat</li><li>› Add tofu to smoothies</li><li>› Use hummus, refried beans, or other bean dips for sandwich fillers, cracker spreads, or vegetable dips</li></ul>

Food	Tips
<p><b>Meat, Poultry, &amp; Fish</b></p> 	<ul style="list-style-type: none"> <li>➤ Add chopped, cooked meat/poultry/fish to vegetables, salads, casseroles, soups, sauces, and biscuit dough</li> <li>➤ Use in omelets, soufflés, quiches, and sandwich fillings</li> <li>➤ Add to stuffed baked potatoes</li> <li>➤ Add pureed meat to soups</li> </ul>
<p><b>Nuts/Nut Butter, Seeds, Wheat Germ</b></p>  <ul style="list-style-type: none"> <li>➤ Peanuts, almonds, walnuts, cashews, etc.</li> <li>➤ Chia seeds, flax seeds, hemp seeds</li> <li>➤ Peanut butter, almond butter, cashew butter</li> </ul>	<ul style="list-style-type: none"> <li>➤ Add to casseroles, bread, muffins, pancakes, cookies, and waffles</li> <li>➤ Sprinkle on cereal, ice cream, yogurt, or salads as a crunchy topping</li> <li>➤ Add to yogurt, milkshakes, or smoothies</li> <li>➤ Blend chopped nuts with parsley or spinach, herbs, and cream for a noodle, pasta, or vegetable sauce.</li> <li>➤ Spread nut butter on sandwiches, toast, muffins, crackers, waffles, pancakes, and fruit slices</li> <li>➤ Use nut butter as a dip for raw vegetables, such as carrots, cauliflower, and celery</li> <li>➤ Eat nuts and seeds as a snack or Snack on trail mix</li> </ul>
<p><b>High-Fat Food</b></p> 	<ul style="list-style-type: none"> <li>➤ Spread margarine or butter on sandwiches, toast, and rolls</li> <li>➤ Add mayonnaise to sandwiches</li> <li>➤ Add butter or margarine to mashed potatoes, vegetables, pasta, rice, soups, and hot cereals</li> <li>➤ Cook with butter, margarine, or vegetable oil</li> <li>➤ Add gravy or creamy sauces to dishes</li> </ul>
<p><b>Supplements</b> (See Chart Below)</p> <ul style="list-style-type: none"> <li>➤ Drinks</li> <li>➤ Bars</li> <li>➤ Puddings</li> <li>➤ Powders</li> </ul>	<ul style="list-style-type: none"> <li>➤ Have as part of your meal or for a snack</li> <li>➤ Use as a meal replacement when appetite is poor and you're unable to finish your meal</li> <li>➤ Mix supplement drinks, powders, or puddings into milkshakes and smoothies</li> <li>➤ Make baked goods with protein powder</li> <li>➤ Add supplement drinks or powders to hot or cold cereals</li> </ul>

## Nutrition Supplements

Name	Serving Size	Calories	Protein
Boost Plus	8 oz (237 mL)	360	14g
Boost High Protein	8 oz (237 mL)	240	15g
Boost Original	8 oz (237 mL)	240	10g
Boost Glucose Control	8 oz (237 mL)	190	16g

## Nutrition Supplements

Name	Serving Size	Calories	Protein
Novasource Renal	8 oz (237 mL)	475	22g
Boost Breeze	8 oz (237 mL)	250	9g
Boost Very High Caloire	8 oz (237 mL)	530	22g
Boost Pudding	5 oz (1 container)	230	7g
Boost Original Powder	55g (7 Tbsp)	220	10g
Ensure Enlive	8 oz (237 mL)	350	20g
Ensure Plus	8 oz (237 mL)	350	13g
Ensure Clear	8 oz (237 mL)	240	8g
Ensure Max Protein	11 oz (330 mL)	150	30g
Ensure High Protein	8 oz (237 mL)	160	16g
Ensure Surgery	8 oz (237 mL)	330	18g
Ensure Original	8 oz (237 mL)	220	9g
Glucerna Original	8 oz (237 mL)	180	10g
Nepro	8 oz (237 mL)	425	19g
Ensure Pudding	4 oz (1 container)	170	4g
Beneprotein	1 packet	25	6g
Benecalorie	44 ml (1 container)	330	7g
Prostat	1 oz (30 mL)	100	15g
Premir Protein	11 oz (1 carton)	160	30g
Pemir Protein Whey Powder	39 g (2 scoops)	150	30g
Orgain Organic Meal Powder	57 g (2 scoops)	230	20g
Orgain Orgainc Plant-Based Protein	46 g (2 scoops)	170	21g



# High-Calorie, High-Protein Shakes & Smoothies

*For each recipe, blend all ingredients together in a blender and ENJOY!*

*\*\*Nutrition facts may vary depending on ingredients used\*\**



## The Hulk

(885 calories, 44 grams protein, 37 grams fat)

- › ½ cup butter pecan ice cream
- › 2 tablespoons of Peanut butter
- › 1 ripened Banana
- › ½ cup of Oats
- › 2 scoops of Orgain Vanilla Bean protein powder (or any vanilla protein powder)
- › 1 cup of Whole Milk

*Note: can substitute protein powder and whole milk for vanilla Boost or Ensure)*

## Strawberry-Banana Peanut Butter Power

(849 calories, 21 grams protein, 29 grams fat)

- › 1 cup of almond milk (sweetened or unsweetened)
- › 1 ripened banana
- › 5 strawberries
- › 4 pitted Medjool dates
- › 2 tablespoons peanut butter
- › 2 tablespoons chia seeds
- › 2 tablespoons ground flax seeds

## Orange Sherbet Shake

(535 calories, 33 grams protein, 14 grams fat)

- › 1 cup of orange sherbet
- › ¾ cup whole milk
- › ½ cup raspberries
- › ½ teaspoon vanilla extract
- › 1 scoop of Optimum Nutrition Gold Standard 100% Whey Protein French Vanilla Cream (or any vanilla protein powder)

*Note: can substitute protein powder and whole milk for vanilla Boost or Ensure)*

## Avocado Smoothie

(589 calories, 37 grams protein, 24 grams fat)

- › ½ avocado
- › 1 ripened banana
- › 2 cups of baby spinach
- › 1 scoop of Optimum Nutrition Gold Standard 100% Whey Protein French Vanilla Cream (or any vanilla protein powder)
- › 1 cup of almond milk (sweetened or unsweetened)
- › 2 tablespoons of chia seeds
- › Ice (optional)

*Note: can substitute protein powder and whole milk for vanilla Boost or Ensure)*

## Orange Sherbet Shake

(535 calories, 33 grams protein, 14 grams fat)

- › 1 cup of almond milk (sweetened or unsweetened)
- › ½ cup pumpkin puree, cold
- › 1 ripened banana
- › ¼ cup oats
- › 1 oz cream cheese
- › ¼ tsp ground cinnamon
- › 1 pinch ground nutmeg
- › 1 pinch ground ginger
- › 1 tablespoon crushed graham crackers or graham pie crust (optional)
- › 1 teaspoon turbinado (optional for sweetness)



# Make Your Own Smoothie/Shake!



## Directions

- 1 Pick 1 ingredient from each box
- 2 Make sure to include at least 2 high calorie/high protein food sources (*marked with an asterisk*)
- 3 Once all ingredients are selected, add to a blender
- 4 Blend together and ENJOY!

## FRUITS

- ▶ Strawberries
- ▶ Bananas
- ▶ Pineapple
- ▶ Mango
- ▶ Apples
- ▶ Oranges
- ▶ Raspberries
- ▶ Blackberries
- ▶ Blueberries
- ▶ Pears
- ▶ Kiwi
- ▶ Peaches
- ▶ Watermelon
- ▶ Dates\*
- ▶ Shredded coconut\*
- ▶ Avocado\*



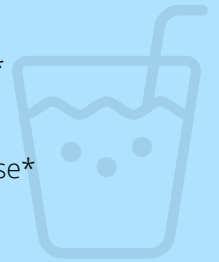
## VEGETABLE

- ▶ Carrots
- ▶ Spinach
- ▶ Kale
- ▶ Tomatoes
- ▶ Broccoli
- ▶ Sweet potatoes
- ▶ Celery
- ▶ Cauliflower
- ▶ Winter squash
- ▶ Peas
- ▶ Zucchini
- ▶ Cucumber
- ▶ Beets



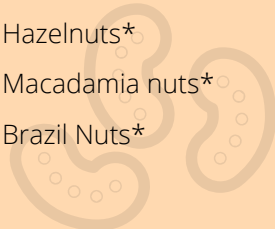
## LIQUIDS

- ▶ Whole Milk\*
- ▶ Half & Half\*
- ▶ Evaporated milk\*
- ▶ Chocolate Milk\*
- ▶ Buttermilk\*
- ▶ Heavy Cream\*
- ▶ Soy, Rice, or Oat milk
- ▶ Almond milk
- ▶ Fruit Juice
- ▶ Kefir\*
- ▶ Ensure/Boost/etc.\*
- ▶ Coconut Cream\*
- ▶ Yogurt
- ▶ Greek Yogurt\*
- ▶ Ice cream\*
- ▶ Cottage Cheese\*
- ▶ Sherbert



## NUTS / SEEDS

- ▶ Chia seeds\*
- ▶ Walnuts\*
- ▶ Flax seeds\*
- ▶ Cashews\*
- ▶ Hemp seeds\*
- ▶ Pistachio\*
- ▶ Peanut butter\*
- ▶ Pecans\*
- ▶ Almond butter\*
- ▶ Hazelnuts\*
- ▶ Cashew butter\*
- ▶ Macadamia nuts\*
- ▶ Sunflower seed butter\*
- ▶ Brazil Nuts\*
- ▶ Almonds\*



## OTHERS

- ▶ Tofu\*
- ▶ Pro-stat\*
- ▶ Uncooked oats\*
- ▶ Beneprotein\*
- ▶ Cream Cheese\*
- ▶ Benecalorie\*
- ▶ Butter or margarine\*
- ▶ Honey
- ▶ Protein Powder\*
- ▶ Powdered peanut butter\*





# High-Calorie, High-Protein Soft Foods

*\*\*Nutrition facts may vary depending on ingredients used\*\**



## Chocolate Baked Protein Oats

(470 calories, 35 grams protein, 13 grams fat without ice cream) (610 calories, 37 grams protein, 21 grams fat with ice cream)

### INGREDIENTS

- › 1 ripe banana
- › ½ cup oats
- › 2 scoops of Orgain Creamy Chocolate Fudge protein powder (or any chocolate protein powder)
- › 2 tbsp PB2
- › ½ tsp vanilla extract
- › ½ tsp baking powder
- › ¼ - ½ cup whole milk
- › Optional: Sprinkle with powdered sugar or top with a scoop of vanilla ice cream

### DIRECTIONS

- 1 Preheat oven to 350 degrees Fahrenheit
- 2 Blend all ingredients together in a blender
- 3 Spray an oven-friendly bowl with non-stick cooking spray
- 4 Pour mixture into a bowl
- 5 Put in the oven and bake for 25-30 minutes
- 6 Cool for 10 minutes
- 7 ENJOY!

## Berry Rice Pudding (6 servings)

(437 calories, 9 grams protein, 11 grams fat per serving)

### INGREDIENTS

- › 1 cup brown long-grain rice
- › 6 cups of sweetened almond milk, divided
- › 2 tablespoons of butter, salted
- › 1 teaspoon of vanilla extract
- › 1 cup of raisins
- › ¼ cup of chia seeds
- › 3 cups of blueberries
- › ½ cup plain Greek yogurt
- › 2 tablespoons of pure maple syrup

### DIRECTIONS

- 1 Place the rice, 4 cups of almond milk, butter, and vanilla extract in a medium pot. Cover and bring it to a boil. Once boiling, reduce the heat to low and cook for 35 - 40 minutes or until the rice is soft and the milk is absorbed. Stir a couple of times.
- 2 Remove the pot from the heat. Add the remaining 2 cups of milk and chia seeds. Stir until well combined and allow to set and cool for 15 minutes.
- 3 Transfer the rice to a baking dish or casserole. Add the remaining ingredients (yogurt, berries, maple syrup)

### VARIATIONS

*This recipe serves 6 and can be stored in the refrigerator for 5 days. After you have tested the original version out, it's time to switch things up!*

- › **Carrot Cake Pudding:** Add 1 ½ cups of shredded carrot, 1 ½ cups of chopped apple, and 1 tbsp of cinnamon to the rice before you cook it. Omit the 3 cups of berries.
- › **Coconut Mango Pudding:** Replace the almond milk with coconut milk. Replace the 3 cups of frozen berries with 3 cups of mangos. Top each dish with shredded unsweetened coconut.
- › **Banana Peanut Butter Pudding:** Replace the 2 tbsp of butter with 2 tbsp of natural peanut butter. Replace the 3 cups of frozen berries with 3 cups of chopped banana. Top each dish with a few chopped peanuts. Omit the raisins and instead top with a few chocolate chips.
- › **Raspberry Kefir Pudding:** Replace the Greek yogurt with ½ cup of raspberry kefir. Replace the frozen blueberries with raspberries. Omit the raisins.
- › **Strawberry Rhubarb:** Add 1 ½ cups of rhubarb to the rice before cooking. Add 1 ½ cups of frozen strawberries in step 3. Omit the 3 cups of berries.

## Tapioca pudding (4 servings)

(345 calories, 15 grams protein, 9 grams fat per serving)

### INGREDIENTS

- › ½ cup small pearl tapioca (you can usually find it in the baking section of the grocery store, do not use instant tapioca)
- › 3 cups of whole milk
- › ¼ teaspoon salt
- › 2 eggs
- › ½ cup of sugar
- › 1 teaspoon of vanilla extract
- › 1 scoop of Optimum Nutrition Gold Standard 100% Whey Protein French Vanilla Cream (or any vanilla protein powder)



### DIRECTIONS

- 1 Cook the tapioca:
  - › Combine tapioca, milk, and salt in one 1/2 quart pan on medium-high heat. Stir while bringing to a bare simmer. Lower the heat and cook uncovered, at the lowest possible heat, adding sugar gradually, until the tapioca pearls have plumped up and thickened.
  - › Depending on the type or brand of tapioca you are using and if you've presoaked the tapioca as some brands call for, this could take anywhere from 5 minutes to 45 minutes of cooking at a very low temperature.
  - › Stir occasionally so that the tapioca doesn't stick to the bottom of the pan.
- 2 Temper the eggs with a little hot tapioca:
  - › Beat eggs in a separate bowl. Whisk in some of the hot tapioca very slowly to equalize the temperature of the two mixtures (to avoid curdling).
- 3 Return eggs to pan with tapioca:
  - › Increase the heat to medium and stir for several minutes until you get a thick pudding consistency. Do not let the mixture boil or the tapioca egg custard will curdle. Cool for 15 minutes. Stir in vanilla and vanilla protein powder. Serve either warm or chilled.

## Chia Seed Pudding

(543 calories, 16 grams protein, 23 grams fat without berries)

### INGREDIENTS

- › 1 ripe banana
- › 1 cup sweetened almond milk
- › 3 tablespoons of chia seeds
- › 1 teaspoon vanilla extract
- › 2 tsp pure maple syrup
- › Drizzle with 1 tablespoon of melted peanut butter
- › Top with berries of choice (optional)

### DIRECTIONS

- 1 In a small bowl, mash the banana until it becomes a smooth goopy mush
- 2 Add sweetened almond milk, chia seeds, vanilla extract, and maple syrup and whisk together
- 3 Cover and refrigerate for at least 2 hours
- 4 Remove from fridge, drizzle melted peanut butter, and add optional toppings

## Cinnamon-Vanilla Cream of Wheat

(475 calories, 38 grams protein, 16 grams fat)

### INGREDIENTS

- 1 ¼ cup whole milk
- 1/8 teaspoon salt (optional)
- 3 tablespoons of Cream of Wheat Farina Hot Cereal  
2 ½ minute cook time
- ½ teaspoon salted butter
- ½ tablespoon granulated sugar
- 1 scoop of Optimum Nutrition Gold Standard 100% Whey Protein French Vanilla Cream (or any vanilla protein powder)
- Sprinkle with cinnamon

### DIRECTIONS

- ➊ Add milk and salt to a saucepan and bring to a boil
- ➋ Gradually add Cream of Wheat, stirring consistently with a wire whisk until well blended
- ➌ Return to a boil, reduce heat to low, and simmer uncovered for 2-1/2 minutes or until thickened, stirring frequently
- ➍ Mix in butter, sugar, protein powder, and cinnamon, and serve

## Snack Ideas

### 250 Calorie Snacks

- 8 buttery-style crackers, 1 ounce of cheddar cheese, or 1 tablespoon of peanut butter
- 1/2 sandwich: 1 slice of bread, 2 ounces cheese or meat, 1 teaspoon mayonnaise
- Quesadilla: 1 tortilla, 2 ounces of cheese, salsa
- Whole apple (sliced) with 2 tablespoons peanut butter
- 1 cup pudding or fruit yogurt
- 1 slice pizza with extra cheese
- 1 cup whole milk mixed with ¼ cup dry skim milk powder
- 8-ounce carton of Boost Breeze, Boost Original, Boost High Protein, or Ensure Clear

### 350 Calorie Snacks

- 10 buttery-style crackers, 2 ounces of cheddar cheese, or 2 tablespoons of peanut butter
- 1/2 sandwich: 1 slice bread, 2 ounces meat or cheese, 2 teaspoons mayonnaise, 1 slice avocado
- Quesadilla: 1 tortilla, 2 ounces cheese, salsa, 1 cup orange juice
- Whole banana with 2 tablespoons peanut butter
- 1 envelope Carnation Breakfast Essentials® with whole milk
- Shake made with 1 cup whole milk, 1/2 cup ice cream
- 1 carton regular yogurt (not low fat), with 1/3 cup granola or trail mix
- 8-ounce carton of Boost Plus, Ensure Enlive, or Ensure Plus

**Disclaimer:** Please note that the information provided herein is intended to serve as a general guideline and may not meet the unique nutritional needs of individual patients. The distribution of these materials is at the discretion of the physician. The creator does not hold responsibility for their application or outcomes on individual health conditions. All patients are advised to consult with their physician for personalized advice tailored to their unique needs and circumstances.