

# High-Calorie & High-Protein Diet

A high-calorie, high-protein diet is needed if you have been severely ill or injured. This diet provides extra nutrients needed for recovery and healing.



## Eat More Calories

- Add cream, half-and-half, or whole milk instead of water when cooking.
- Add butter or margarine to hot foods such as vegetables, cooked cereals, and rice.
- Spread cream cheese on bagels or toast or add to vegetables.
- Sweeten toast, cereal, and fruit with sugar, honey, molasses, or jelly.
- Add raisins to hot or cold cereal.
- Eat dried fruits and/or nuts as snacks.
- Add sour cream to dips or sauces.
- Use mayonnaise or salad dressings on sandwiches, salads, and vegetables.
- Use extra sauces or gravies on meats and vegetables.

## Eat More Protein

- Choose high protein foods listed below for meals and snacks.
- Add powdered milk to gravy, soups, mashed potatoes, milk beverages, puddings, hot cereal, scrambled eggs, casseroles, desserts, and in baking.
- Use fortified milk (one quart of milk plus one cup powdered milk) for cooking and drinking.
- Use milk instead of water when making soup, cereals, and instant cocoa. Soy and rice milk may be substituted if you can not use milk.
- Add diced or ground meat to soups and casseroles.
- Add grated cheese or chunks of cheese to vegetables, soups, and casseroles.
- Add cooked shrimp, canned tuna, crab meat, diced ham, or sliced boiled eggs to sauces and serve over rice, cooked noodles, toast, or hot biscuits.
- Use extra eggs in cooking foods such as puddings, custards, and sauces.
- Choose dessert recipes which contain eggs such as sponge and angel food cake, egg custard, bread pudding, or rice pudding.
- Add peanut butter to milk shakes or eat on crackers, waffles, celery sticks, or apples.
- Eat cheese or cottage cheese with fruit.

## High-Protein Foods

Beef	Milk	Ham Salad	Beef Jerky
Pork	Buttermilk	Chicken Salad	Bean Dip
Fish	Hot Chocolate	Tuna Salad	Cheese Dip
Chicken	Milk shakes	Egg Salad	Nachos
Turkey	Ice Cream	Deviled Eggs	Nuts
Eggs	Custard	Pimento Cheese	Trail Mix
Cheese	Puddings	Vienna Sausage	Pizza
Cottage Cheese	Yogurt	Peanut Butter	

Commercially available high protein supplements that can be found at most drug stores, grocery stores and discount stores. High protein supplements that you drink as beverages include Carnation Instant Breakfast, Boost, Ensure, and other brands of similar products. Powdered protein can also be added to foods to increase protein intake.

### **Other Hints**

- Eat frequent small meals with snacks between meals.
- If you can't eat all the food served, eat the foods highest in calories and protein first.
- Don't fill up with coffee, tea, soft drinks, and juices.
- Time meals and snacks far enough apart to avoid feeling too full.
- Try different ways of eating foods and supplements such as:
  - Fruit shakes using yogurt, fruit, honey and flavorings
  - "Super" hot chocolate made by heating chocolate Ensure Plus/Boost Plus
  - Milk shakes made with instant breakfast powder or Boost

**Sometimes it is hard to eat as much as you need for healing and building up your body's stores. Enjoy your meals and snacks as much as possible, but remember that your "nutrition therapy" is a very important part of your medical care.**