

High-Energy High-Protein Diet

Eating foods that are higher in energy and protein can help you recover faster from surgery or illness, build muscle, gain weight, or prevent further weight loss. This handout provides ideas to increase calorie and protein intake.

Ways to Add Calories

Food item	Calories	How to use it
Whole milk (3.25%), cream (10-18% milk fat), whipping cream	150-450 calories per 1 cup The higher the fat content, the higher the calories	Use in soups, sauces, batters, pudding, shakes, mashed potatoes, cooked cereals. Use on cold cereals, fruit, ice cream, pudding, or other desserts. Mix into cream soups, hot cereals, hot cocoa, batters, mashed potatoes, etc.
Sour cream	30 calories per tbsp	Add to potatoes, rice, vegetables, soup, chili.
Butter, margarine	100 calories per tbsp	Add to potatoes, hot cereal, rice, noodles, vegetables, sandwiches.
Avocado	1 fruit = 227 calories	Serve on toast, in smoothies, sandwiches or as garnish on chili.
Nut and seed butters (peanut, almond, cashew, sunflower)	90 calories per tbsp	Spread on bread, toast, crackers, muffins, tortillas. Mix into hot cereals, smoothies, or milkshakes.
Coconut milk	28 calories per tbsp	Mix into cream soups, curries, sauces, salad dressings, or smoothies.
Vegetables oils (canola, olive, peanut, coconut)	120 calories per tbsp	Use to cook/fry foods. Add to rice/pasta. Mix with herbs into pasta salad or marinade meats.
Mayonnaise	90 calories per tbsp	Spread on sandwiches or crackers. Add to meats to make "salad sandwich filling," dips or salad dressings.
Honey, molasses, brown sugar, maple syrup	60 calories per tbsp	Add to cereal, fruit, toast, pancakes, waffles, smoothies.

Ways to Add Protein

Food item	Protein	How to use it
All meats, poultry and fish (beef, pork, goat, lamb, chicken, turkey, duck)	3 oz = ~21g (size of a deck of cards)	Add lean, tender meats to soups, omelettes, casseroles, or sandwich fillings. Bake or slightly fry fresh fish. Use canned fish on sandwiches, crackers, tortillas, pita, or in dips.
Eggs	1 egg = 7g	Use to make French toast. Add extra egg to pancake or cookie batter. Mix with mayo to make egg salad.
Greek yogurt	½ cup = 12g	Add to smoothies, serve with fruit. Plain Greek yogurt can be used in place of sour cream for a higher protein option.
Cheese	2 dice-sized cubes = 7g	Melt on meats, eggs, casseroles. Add to sandwiches or eat with crackers.
Cottage cheese or ricotta cheese	½ cup = 12g	As a snack with fruit or add to casseroles, omelettes, or pasta. Blend and use in a dip or smoothie.
Soybeans/edamame, tofu	½ cup = 10g	Add to soup, sauces, casseroles, stews, stir fry, and smoothies.
Beans or lentils	½ cup = 7g	Add to chili, soups, stews, casseroles.
Nut and seed butters (peanut, almond, cashew, sunflower)	1 tbsp = 4g	Spread on bread, toast, crackers, muffins, tortillas. Mix into hot cereals, smoothies, or milkshakes.
Powdered milk	1 tbsp = 1.5g	Add 2-4 tbsp to 1 cup whole milk to make it higher in protein. Use this in place of regular milk as a beverage or in milkshakes or puddings. Stir into cereals, potatoes, cream soups, sauces, pudding, scrambled eggs, casseroles. Add to smoothies.
Flavoured protein powders (whey, soy, rice, pea, hemp) Unflavoured protein powder (Beneprotein)	1 scoop = ~25g	Mix with milk and drink as a shake or add to smoothies, hot cereal, yogurt, or baked goods. Add unflavoured protein powder into less protein dense foods like canned cream soups, hot cereals, smoothies, or pudding.
Commercial nutritional supplement drinks (Ensure, Boost, Carnation Breakfast)	1 bottle = 10-30 g protein	Drink on its own or add to cold cereals, smoothies, coffee or tea.

Tips to Help with a Poor Appetite

- **Eat your biggest meal when your appetite is best.**
This may be your morning meal rather than your evening meal.
- **Eat often through the day.**
 - Try to eat every 1-2 hours
 - Small snacks between meals can provide you with extra energy
 - Include high-protein foods as meals and snacks
 - Bring snacks with you when leaving the house
 - Try a few mouthfuls even if you are not hungry
- **Eat high-energy and high-protein foods most of the time**
Limit foods that are low calorie or low fat.
- **Drink liquids that give you energy**
Include drinks such as milk, fortified milk, smoothies, commercial nutritional supplement drinks or juice.
- **Eat food that taste good to you.**
It is okay to eat the same foods often if only certain foods appeal to you.

Tips for When Your Energy is Low

- Try convenience foods that are ready to eat or easily prepared. Keep your freezer, refrigerator and cupboards stocked. (Ex. canned beans, eggs, canned meats, nut butters, canned soups).
- Use pre-washed, pre-cut fruits and vegetables.
- Dine out or order in. Order extra food to use for leftovers.
- Ask friends or family to help out with meal preparation.
- Prepare foods in bulk, and divide into single containers to freeze.
- Consider meal programs in your community. Some restaurants or grocery stores offer home delivery.
- Try soft, moist or blended foods, as they require less effort to chew and swallow.