

High Energy, High Protein (Low-Fibre) Diet

Purpose

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 improve calorie and protein intake while following a “light” (low-fibre) diet.

Ways to Add Calories

Food item	Calories (per 15 ml/ 1 tbsp)	How to use it
Margarine/Butter	100 calories	Add to potatoes, hot cereal, rice, noodles, vegetables, sandwiches.
Sour Cream	30 calories	Add to potatoes, rice, vegetables, soup.
Mayonnaise	95 calories	Spread on sandwiches or crackers. Add to meats to make “salad sandwich filling”, dips, salad dressings.
Whipped Cream or Heavy Cream	55 calories	Serve on fruit, ice cream, pudding, or other desserts. Mix into cream soups, hot cereals, hot cocoa, batters, mashed potatoes, etc.
Peanut Butter (smooth)	90 calories	Spread on toast, crackers, muffins. Mix into hot cereals, smoothies or milkshakes.
Cooking Oil	100 calories	Use to cook/fry foods. Add to pudding mix. Add to rice/pasta. Mix with herbs into pasta salad or marinade for meats.
Jam, Jelly	50 calories	Spread on toast, muffins, and crackers. Add to ice cream sundae.
Honey, molasses, Brown Sugar, Maple Syrup	60 calories	Add to cereal, fruit, toast, pancakes/waffles.
Cream (10-18% fat) or Whole Milk	Per 100 ml: 62 calories	Use in place of milk or water in soups, sauces, batters, pudding, shakes, mashed potatoes, cooked cereals; use on cold cereals.

Ways to Add Protein

Food Item	Protein	How to use it
Peanut Butter (smooth)	1 tbsp. = 4 g protein	Spread on toast, cracker, muffins, sandwiches. Use as dip for fruit (ex on banana or apple with skin removed).
Cheese	1 oz. = 7 g protein	Melt on meats, eggs, casseroles. Add to sandwiches or eat with crackers.
Eggs	1 egg = 7 g protein	Use to make French toast. Add extra egg to pancake or cookie batter. Mix with mayonnaise to make "egg salad".
Greek Yogurt	½ cup = 12 g protein	Add to smoothies. Serve with canned fruit, fresh bananas or melon. Use in muffin batter and dips. Plain Greek yogurt can be used in place of sour cream for increased protein.
Cream (10-18%) or Whole Milk	250 ml=8 g protein	Use in place of milk or water in soups, sauces, gravies, batters, hot cocoa, puddings, shakes, mashed potatoes, hot and cold cereals.
Tofu	½ cup = 10 g protein	Add to soup, sauces, casseroles, stews, stir-fry, and smoothies.
Meats	1 oz. = 7 g protein	Add lean/tender meats to soups, omelets, casseroles, sandwich fillings.
Fish	1 oz. = 6 g protein	Bake or lightly fry fresh fish. Use canned fish on sandwiches or on low-fibre crackers.
Cottage Cheese or Ricotta Cheese	½ cup =12 g protein	As a snack with fruit or add to casseroles, omelets, pasta or jello salads.
Powdered Milk	1 tbsp. = 1.5 g protein	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, puddings, or other recipes with milk. Stir into cereals, potatoes, cream soups, sauces, pudding, scrambled eggs, casseroles.

Tips:

- Try to eat or drink every 2 to 3 hours
- If you have a small appetite, make every bite count. Eat higher protein or energy foods first. Eating part of a meal or beverage is better than having nothing.
- Have ready-to-eat snacks or frozen meals on hand (ex. yogurt, pudding, granola or protein bars, cheese or peanut butter and crackers)
- Drink your fluids at the end of meals or between so they do not fill you up at mealtimes
- Avoid reduced sugar or calorie food and beverage products, labelled "light", "low fat", "fat free", "sugar-free" or "diet"
- Try using a commercial oral nutrition supplement if you are unable to meet your needs with food