



Patient & Family Guide  
2016

# High Energy, High Protein Guidelines



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# High Energy, High Protein Guidelines

Good nutrition is more important at this time. It will help you feel better and stay strong. Choosing high energy, high protein foods will help you get the nutrition you need to increase energy levels, gain or maintain weight, heal, fight or resist infections, and recover more quickly from surgery or illness.

This booklet gives ideas for high energy, high protein foods.

## Tips to help you eat better

- Make every bite count by choosing foods that are high in energy and protein. For example, choose cream soup over broth or dried apricots over watermelon.
- Eat small meals and snacks often. Try to snack every 2 hours.
- Always have snack foods available so you can eat when you feel hungry.
- If your appetite changes during the day, try to eat your biggest meal when food is most appealing.

- Keep frozen, canned, or ready-to-use foods on hand for when you don't feel like cooking.
- Let family and friends help you. They can shop for groceries or cook meals.
- Cook larger batches of food when you feel better. Then you can freeze leftovers for times when you don't feel like cooking.
- Make meals more attractive by using brightly-coloured foods and garnishes.
- Use drinks to add extra calories: choose milk, smoothies, juice, or milkshakes over water, tea, coffee, or diet sodas.
- Include a serving of protein at each meal and snack.
- Improve your appetite by going for a short walk and enjoying fresh air and activity.
- Add extra sauces, gravies, cream, or fats to your food.
- Eat with friends and family to make mealtimes enjoyable.
- If you are not eating solid food, aim for 8 cups of high energy, high protein liquids each day. Try whole milk, milkshakes, smoothies, or nutritional supplement drinks.

If you have any questions, please ask.  
We are here to help you.

## Protein

Your body uses protein to build and repair cells. Your body also uses protein to heal, build muscle, and fight infections. The main food sources of protein include: meat, poultry, fish, eggs, dairy products, legumes, and soy. Eating protein from a wide variety of food sources will also help you meet your nutrient requirements for iron, zinc, vitamin B12, calcium, and vitamin D.

Listed below are good food sources of protein:

Food	Serving size	Grams of protein
Meat, fish, poultry	75g/125ml (1/2 cup)	21g
Firm tofu	150g/175ml (3/4 cup)	12g
Egg	1 large	6g
Cheese	50g (1 1/2 oz)	12g
Cottage cheese	125ml (1/2 cup)	13g
Fortified soy beverage	250ml (1 cup)	7-8g
Dried beans, peas, lentils (cooked)	175ml (3/4 cup)	12g
Milk (cow's)	250ml (1 cup)	9g
Yogurt	175ml (3/4 cup)	7g

<b>Food</b>	<b>Serving size</b>	<b>Grams of protein</b>
Greek yogurt	175ml (3/4 cup)	14g
Peanut (or other nut) butters	30ml (2 Tbsp)	4g
Nuts, seeds	60ml (1/4 cup)	3-8g
Bread	1 slice	4g
Cereal (cold)	30g	3g
Cereal (hot)	175ml (3/4 cup)	4g
Pasta, rice (cooked)	125ml (1/2 cup)	3g
Quinoa (cooked)	125ml (1/2 cup)	4g
Vegetables	125ml (1/2 cup) or 250ml (1 cup) of lettuce	2g
	250ml (1 cup) of green peas	8g
Fruit	1 fruit or 125ml (1/2 cup)	1g

**Talk to your dietitian to find out how many grams of protein you should aim for in a day.**

**Try these ideas to help get the protein you need:**

<b>Food</b>	<b>How to use</b>
<p>Skim milk powder</p> <p>1 Tbsp has 33 calories and 3g protein</p>	<p>Add to cold foods such as milkshakes, yogurt, puddings, custard, and smoothies.</p> <p>Add to hot foods such as mashed potatoes, cooked cereals, cream soups and sauces, hot chocolate, and casseroles.</p> <p>Add to baked goods such as pancakes, muffins, biscuits, etc.</p> <p>Make 'double milk' by adding ½ cup to 1 cup of homogenized milk.</p>
<p>Cheese</p>	<p>Grate or cut up in casseroles and salads.</p> <p>Melt on top of potatoes, eggs, pasta, cooked vegetables, and bean dishes.</p> <p>Add to crackers, muffins, fruit, bread, and bagels.</p> <p>Melt in sauces, dips, and soups.</p>
<p>Eggs</p>	<p>Add chopped or sliced into potato or tossed salads, sandwich fillings, and casseroles.</p> <p>Use extra eggs when baking and cooking.</p> <p>Beat into hot soups.</p>

Food	How to use
Peanut (or other nut) butters	<p>Add to muffin, cookie, pancake, and waffle mixes.</p> <p>Spread on crackers, bread, fruit, and vegetables.</p> <p>Stir into ice cream, yogurt, and milkshakes.</p>
Nuts, seeds	<p>Sprinkle on ice cream, yogurt, puddings, cereals, salads, and stir-fries.</p> <p>Mix with dried fruit for a trail mix.</p> <p>Add to muffin and cookie mixes.</p>
Beans, lentils	<p>Add to casseroles, soups, stews, chili, salads, dips, and spreads.</p>
Meat, fish, poultry	<p>Add to casseroles, soups, pasta, salads, omelettes, quiche, and rice.</p> <p>Spread paté on bread and crackers.</p>
Tofu	<p>Mix into smoothies, sauces, soups, and chowders.</p> <p>Add to salads, stir-fries, and casseroles.</p>
Wheat germ	<p>Sprinkle onto yogurt and cereal.</p> <p>Add to muffin, cookie, pancake, and other mixes.</p> <p>Add to casseroles and ground meats.</p>



## Energy

Energy, also commonly referred to as calories, comes from carbohydrates, fat, and protein in food. You can increase your energy intake by choosing calorie-dense foods, eating more often, or eating larger portions.

**Try these ideas to add more energy (calories) to your diet:**

Food	How to use
Fruit and vegetables	<p>On cooked vegetables, add a cream sauce, cheese, margarine, butter, and/or oil.</p> <p>Add dried fruit to baking or sprinkle on cereals or salads.</p> <p>Use avocado in sandwiches and dips.</p> <p>Make fruit into crisps or cobblers and top with ice cream or whipping cream.</p> <p>Choose fruit packed in syrup.</p> <p>Add butter, margarine, heavy cream, or plain yogurt to mashed potatoes.</p> <p>Try raw vegetables dipped in salad dressing or hummus.</p>

<b>Food</b>	<b>How to use</b>
Grain products	<p data-bbox="348 164 894 245">Spread butter or margarine on soft bread and muffins.</p> <p data-bbox="348 266 944 440">Choose calorie-dense cereals like granola with dried fruit and nuts. Try these cereals added to Greek yogurt or ice cream.</p> <p data-bbox="348 461 921 542">Use homogenized milk or Greek yogurt on cereal.</p> <p data-bbox="348 563 841 644">Add honey, brown sugar, or peanut butter to hot cereal.</p> <p data-bbox="348 665 898 790">Add breadcrumbs, oatmeal, or wheat germ to baking mixes, meatloaf, or hamburgers.</p> <p data-bbox="348 812 900 979">Use jams, jellies, honey, brown sugar, or syrup on cereals, pancakes, French toast, and waffles.</p>

Food	How to use
Meat and alternatives	<p>Add gravies, sauces, or glazes to meat, poultry, and fish.</p> <p>Mix mayonnaise with chopped chicken or fish to make sandwich filling.</p> <p>Spread nut butters on bagels, breads, and crackers.</p> <p>Use pesto sauce on fish or chicken.</p> <p>Add nuts and seeds to salads, stir-fries, yogurt, puddings, ice cream, baked goods, and cereals.</p> <p>Choose high calorie options, such as fatty fish (e.g. salmon, mackerel, trout, herring), chicken legs or thighs.</p> <p>Add an extra egg to baking mixes.</p>

<b>Food</b>	<b>How to use</b>
Milk and alternatives	<p data-bbox="348 164 894 488">Add powdered milk to: homogenized milk, yogurt, mashed potatoes, puddings, custard, sauces, gravies, smoothies, milkshakes, soups, batters, cereals, and hot chocolate.</p> <p data-bbox="348 508 934 597">Choose yogurt and cheese made with a high percentage of fat.</p> <p data-bbox="348 617 953 800">Add whipping cream to fruit, puddings, ice cream, pies, Jell-O<sup>®</sup>, pancakes, waffles, French toast, and hot chocolate.</p> <p data-bbox="348 820 827 909">Use cream or half-and-half instead of milk in recipes.</p> <p data-bbox="348 928 918 1018">Add sweetened condensed milk to puddings and milkshakes.</p>

## **Nutritional supplements**

You may want to use nutritional supplements as an extra source of energy and protein. These can be useful when you are not able to eat a full meal or are having trouble meeting your nutritional requirements through food alone. They can also be used if you are having trouble chewing and need a liquid diet. These drinks can meet all your nutritional needs if you drink the right amount.

Most drugstores and grocery stores carry nutritional supplement drinks, often in brand names (e.g. Boost<sup>®</sup>, Ensure<sup>®</sup>), and may also carry store brands (e.g. Equate<sup>®</sup>, President's Choice<sup>®</sup>). Read the labels to find out which supplement is best for you. You can also buy protein powders (e.g. Beneprotein<sup>®</sup>) which can be mixed easily with most foods and liquids.

## **High energy, high protein recipes**

### **Chocolate Banana Peanut Butter Smoothie**

- 250ml (1 cup) Greek yogurt
- 250ml (1 cup) ice cream (vanilla)
- 30ml (2 Tbsp) peanut butter
- 30ml (2 Tbsp) chocolate syrup
- 1 frozen banana

Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.

### **Piña Colada Smoothie**

- 250ml (1 cup) pineapple nectar
- 250 ml (1 cup) whole milk (can use nutritional supplement instead)
- 1 frozen banana
- 60ml (1/4 cup) frozen strawberries
- 30ml (2 Tbsp) skim milk powder

Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.

## **Trail Mix**

- 250ml (1 cup) mixed nuts (peanuts, walnuts, pecans, almonds, etc.)
- 125ml (1/2) cup shredded coconut
- 250ml (1 cup) dried fruit (raisins, cranberries, papaya, pineapple, etc.)
- 250ml (1 cup) chocolate chips or M&M's®

Mix all ingredients together well. Store in an airtight container.

## **Orange Pro Frost**

- 125ml (1/2 cup) orange juice
- 125ml (1/2 cup) ice cream or sherbet
- 30ml (2 Tbsp) skim milk powder

Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.

## **Yogurt Smoothie**

- 250ml (1 cup) fruit (try bananas or canned peaches)
- 75ml (1/3 cup) Greek, plain, or fruit yogurt
- 15ml (1 Tbsp) honey
- 250ml (1 cup) whole milk (can add an extra 30ml (2 Tbsp) skim milk powder)
- 2 ice cubes

Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.

## **Tofu Shake**

- 250ml (1 cup) soy milk
- 75ml (1/3 cup) soft tofu
- 5ml (1 tsp) vanilla
- 250ml (1 cup) soft fruit (try bananas or canned peaches)

Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.



## **Super Pudding**

- 1 package (4 1/2 oz) instant pudding mix
- 500ml (2 cups) homogenized milk
- 30ml (2 Tbsp) vegetable oil
- 175ml (3/4 cup) skim milk powder

Combine all ingredients. Mix well and refrigerate until set. Enjoy with whipped cream.

## **Macaroni and Cheese**

- 750ml (3 cups) cooked pasta (drained)
- 60ml (1/4 cup) butter or margarine
- 15ml (1 Tbsp) flour
- 2 egg yolks (slightly beaten)
- 250ml (1 cup) grated cheese
- 60ml (1/4 cup) evaporated milk
- 175ml (3/4 cup) whole milk
- pinch of salt
- pepper (to taste)
- 6 crackers (can also use 1/2 cup breadcrumbs)

Set oven to 400 degrees F. Melt butter in a large pan. Stir in flour, egg yolks, salt, and pepper. Add milk, stirring often on low heat until sauce starts to thicken. Add grated cheese. Mix together sauce and cooked macaroni, then place in a greased baking dish. Top with crackers and more grated cheese. Bake until bubbling.

## Sweet Potato Burritos

- 15ml (1 Tbsp) vegetable oil
- 1 onion (chopped)
- 4 cloves garlic (minced)
- 1500ml (6 cups) kidney beans (rinsed and drained)
- 500ml (2 cups) water
- 45ml (3 Tbsp) chili powder
- 20ml (4 tsp) mustard
- 10ml (2 tsp) cumin (ground)
- cayenne pepper (to taste)
- 45ml (3 Tbsp) soy sauce
- 1000ml (4 cups) sweet potato (cooked and mashed)
- 12 flour tortillas
- 250ml (1 cup) shredded cheese

Preheat oven to 350 degrees F. Heat oil in a frying pan and sauté onion and garlic until soft. Mash beans into the onion mixture. Gradually stir in water, heating until warm. Remove from heat, then stir in soy sauce, chili powder, mustard, cumin, and cayenne.

In each tortilla add an equal amount of bean mixture and mashed sweet potatoes. Roll up tortillas and place on a baking sheet. Cover with cheese. Bake for 12 minutes.

## **High energy, high protein sample menu**

(provides about 2740 calories and 154g protein)

### **Breakfast**

60g (1/2 cup) granola

180ml (3/4 cup) Greek yogurt

35g (1/4 cup) mixed nuts

30g (1/2 cup) raspberries

### **Mid-morning snack**

150g (1/2 cup) raw vegetables

45ml (3 Tbsp) hummus

50g (1 1/2 oz) cheddar cheese

### **Lunch**

65g (1/2 cup) diced chicken mixed with 30ml (2 Tbsp) mayonnaise on 2 slices whole wheat bread

1 banana with 250ml (1 cup) whole milk

### **Mid-afternoon snack**

250ml (1 cup) Chocolate Banana Peanut Butter Smoothie (see recipe on page 12)

### **Supper**

75g (3 ounces) salmon

90g (1/2 cup) quinoa (cooked)

90g (1/2 cup) steamed broccoli with melted cheese on top

### **Evening snack**

125ml (1/2 cup) guacamole and 15 tortilla chips

# Notes:

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The information in this pamphlet is to be updated every 3 years or as needed.