



Patient & Family Guide  
2016

# High Energy, High Protein, Low Fat Guidelines



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# Contents

Tips to help improve your intake.....	2
Protein .....	4
Energy .....	6
Nutritional supplements .....	11
High energy high protein recipes .....	12
High Protein Milk.....	12
Piña Colada Smoothie .....	12
Orange Pro Frost .....	12
Yogurt Smoothie .....	13
Tofu Shake .....	13
Sweet Potato Burritos.....	14
High calorie high protein sample menu.....	15

# High Energy, High Protein, Low Fat Guidelines

Good nutrition is very 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 infection, and recover more quickly from surgery or illness.

Low fat foods are often low in energy (calories). This guide will help you choose foods that provide more energy and protein, while limiting fat.

- Check the “Nutrition Facts” table on food labels:
  - › Foods labeled “Low Fat” have no more than 3 grams of fat per serving.
  - › “Fat Free” foods have less than 0.5 grams of fat per serving.
  - › Choose foods with the lowest % Daily Value (DV) for total fat. Look for a % DV of less than 5% for total fat.
- Have no more than 3-4 teaspoons (45-60ml total) of added fat daily. This includes oil used for cooking, salad dressings, margarine, and mayonnaise.

## **Tips to help improve your intake**

- Make every bite count by choosing foods that are high in energy and protein. For example, choose Greek yogurt over regular yogurt and canned fruit in syrup over watermelon.
- Eat small, frequent meals and snacks. Try to snack every 2 hours.
- Always have snack foods available so you can eat as 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 available 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 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 low fat milk, smoothies, or juice 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.
- Eat with friends and family to create a pleasant atmosphere.

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

**Notes:**

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## Protein

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

Listed below are good food sources of protein:

Food	Serving size	Grams of protein
Lean meat, fish, or skinless poultry	75g/125ml (1/2 cup)	21g
Firm tofu	150g/175ml (3/4 cup)	12g
Egg	1 large	6g
Low fat cheese	50g (1 1/2 oz)	12g
Low fat cottage cheese	125ml (1/2 cup)	13g
Low fat fortified soy beverage	250ml (1 cup)	7-8g
Dried beans, peas, or lentils (cooked)	175ml (3/4 cup)	12g

<b>Food</b>	<b>Serving size</b>	<b>Grams of protein</b>
Low fat or fat free milk (cow's)	250ml (1 cup)	9g
Low fat or fat free yogurt	175ml (3/4 cup)	7g
Low fat or fat free Greek yogurt	175ml (3/4 cup)	14g
Bread	1 slice	4g
Cereal (cold), not granola	30g	3g
Cereal (hot)	175ml (3/4 cup)	4g
Pasta or 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 250ml (1 cup) of green peas	2g 8g
Fruit	1 fruit or 125ml (1/2 cup)	1g

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

# Energy

Energy, also known as calories, comes from carbohydrates, fat, and protein in food.

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

<b>Low fat foods to choose</b>	<b>How to add calories and protein</b>
<b>Vegetables</b> <ul style="list-style-type: none"><li>• All vegetables, especially sweet types like peas and carrots</li><li>• All vegetable juices and smoothies</li><li>• White and sweet potatoes</li><li>• Vegetable soups (not cream-based)</li></ul>	<ul style="list-style-type: none"><li>• Sprinkle low fat cheese on hot vegetables.</li><li>• Mix fat free plain yogurt or fat free sour cream with spices and herbs to use as a dip for raw vegetables.</li><li>• Add fat free yogurt, fat free sour cream, brown sugar, or skim milk powder to soft, cooked or mashed vegetables and potatoes.</li><li>• Dip raw vegetables in hummus.</li></ul>



<b>Low fat foods to choose</b>	<b>How to add calories and protein</b>
<p><b>Fruits</b></p> <ul style="list-style-type: none"><li>• All fruits (except avocados)</li><li>• Canned or frozen fruit packed in syrup</li><li>• All fruit juices</li><li>• All dried fruits</li></ul>	<ul style="list-style-type: none"><li>• Choose fruit packed in syrup.</li><li>• Sprinkle dried fruits on cereals and salads.</li><li>• Add sugar to make a fruit compote.</li><li>• Mix fruit with fat free cottage cheese or low fat cereal and yogurt.</li><li>• Blend with low fat yogurt for a smoothie.</li></ul>

<b>Low fat foods to choose</b>	<b>How to add calories and protein</b>
<p><b>Grain products</b></p> <ul style="list-style-type: none"> <li>• Whole grain and white breads, rolls, and bagels</li> <li>• Crackers and snack foods with less than 3g of fat per serving (e.g. soda crackers, melba toast, Wheat Thins®, bread sticks, air popped popcorn, pretzels)</li> <li>• Low fat cereal with skim or 1% milk</li> <li>• Steamed or boiled rice</li> <li>• Whole grain or white pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Spread honey, jam, jelly, or fat free cream cheese on bread, crackers, or cookies.</li> <li>• Add breadcrumbs, oatmeal, or wheat germ to baking mixes, meatloaf, or burgers (made with lean ground meat).</li> <li>• Use jams, jellies, honey, brown sugar, and syrup on cereals, pancakes, and French toast.</li> <li>• Make hot cereal with low fat milk instead of water. Add jam, honey, or maple syrup.</li> <li>• Cook rice in vegetable juice.</li> <li>• Add tomato sauce with lean meat and vegetables to pasta.</li> <li>• Add fat free yogurt or fat free sour cream to tomato sauce for a creamier texture.</li> </ul>

<b>Low fat foods to choose</b>	<b>How to add calories and protein</b>
<p><b>Meat and alternatives</b></p> <ul style="list-style-type: none"> <li>• Lean cuts of meat trimmed of extra fat</li> <li>• Poultry without skin</li> <li>• Fish (fresh, frozen, or canned in water/broth)</li> <li>• Egg whites</li> <li>• Egg substitutes, such as Eggbeaters®</li> <li>• Limit egg yolks to 1 daily</li> <li>• Soy products (e.g. tofu)</li> <li>• Legumes (cooked or canned), such as kidney beans, split peas, lentils, chickpeas, baked beans</li> <li>• Use a low fat cooking method, such as baking, broiling, barbecuing, poaching, steaming, microwaving, or stir-frying</li> </ul>	<ul style="list-style-type: none"> <li>• Use honey, jam, or syrup as a glaze or for barbecuing.</li> <li>• Dip chicken or turkey pieces in egg whites or low fat milk, and roll in bread or cracker crumbs before baking.</li> <li>• Add extra egg whites to omelettes.</li> <li>• Add meat or dried beans to salads, soups, and pasta dishes.</li> </ul>

<b>Low fat foods to choose</b>	<b>How to add calories and protein</b>
<p>Milk and alternatives</p> <ul style="list-style-type: none"> <li>• Low fat milk (skim or 1%), such as cow’s milk, buttermilk, evaporated milk, condensed milk</li> <li>• Low fat soy milk or other milk alternatives</li> <li>• Skim milk powder</li> <li>• High protein milk (see recipe later in this guide)</li> <li>• Fat free or low fat yogurt</li> <li>• Fat free or low fat Greek yogurt</li> <li>• Pudding or custards made with skim or 1% milk</li> <li>• Low fat (“light”) ice-cream, sherbet, gelato, frozen yogurt</li> <li>• 1% or fat free cottage cheese, cream cheese, sour cream</li> <li>• Low fat or light cheese with 10% milk fat (M.F.) or less</li> </ul>	<ul style="list-style-type: none"> <li>• Add skim milk powder to: milk, yogurt, mashed potatoes, puddings, custards, smoothies, soups, batters, cereals, and hot drinks.</li> <li>• Add chocolate or other flavoured syrups to milk.</li> <li>• Add low fat cheeses to salads, soups, and pastas.</li> <li>• Add milk beverages to coffee and tea, or try a latte made with low fat or skim milk.</li> </ul>

## **Nutritional supplements**

You may want to use nutritional supplements as an extra source of energy and protein. These are 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 have nutrition supplement drinks, often in brand names (e.g. Boost<sup>®</sup>, Ensure<sup>®</sup>). They 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

### High Protein Milk

- 1 cup (250ml) skim or 1% milk
- 1/4 cup (60ml) skim milk powder

Add powder to milk. Mix until dissolved.  
Refrigerate.

### Piña Colada Smoothie

- 1 cup (250ml) pineapple nectar
- 1 frozen banana
- 1/4 cup (40g) frozen strawberries
- 1 cup (250ml) skim milk (or nutritional supplement)
- 2 Tbsp (30ml) skim milk powder

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

### Orange Pro Frost

- 1/2 cup (125ml) orange juice
- 1/2 cup (125ml) fat free frozen yogurt or sherbet
- 2 Tbsp (30ml) skim milk powder

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

## **Yogurt Smoothie**

- 1 cup (250ml) soft fruit (try banana or canned peaches)
- 1/3 cup (80ml) Greek, plain, or fruit yogurt (low fat or fat free)
- 1 Tbsp (30ml) honey
- 1 cup (250ml) low fat milk (can add 2 Tbsp (30ml) skim milk powder)
- 2 ice cubes

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

## **Tofu Shake**

- 1 cup (250ml) low fat soy milk
- 1/3 cup (80ml) soft tofu
- 1 tsp (5ml) vanilla extract
- 1 cup (250ml) soft fruit (try banana or canned peaches)

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

## Sweet Potato Burritos

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

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

Add equal amounts of bean mixture and mashed sweet potatoes to each tortilla. Roll up tortillas and place on a baking sheet. Cover with cheese. Bake for 12 minutes.



# High calorie high protein sample menu

## Breakfast

3/4 cup (30g) cold cereal  
1 cup (250ml) high protein milk  
1/2 cup (30g) raspberries

## Mid-morning snack

1/2 cup (125ml) raw vegetables  
3 Tbsp (45ml) hummus  
1 1/2 oz (50g) low fat cheddar cheese

## Lunch

1/2 cup (65g) diced chicken  
2 Tbsp (30ml) fat free or low fat mayonnaise  
2 slices whole grain bread  
1 banana  
1 cup (250ml) latte made with low fat milk

## Mid-afternoon snack

1 cup (250ml) Orange Pro Frost (see recipe)

## Supper

2 1/2 oz (75g) honey glazed pork chop trimmed of extra fat  
1/2 cup (90g) quinoa (cooked)  
1/2 cup (75g) steamed broccoli with melted low fat cheese on top

## Evening snack

1/2 cup (125ml) salsa  
15 baked pita crisps

## Notes:

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If you have any questions, please ask your healthcare provider.

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