



Patient & Family Guide
2016

High Energy, High Protein, Low Fibre Diet Guidelines



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High Energy, High Protein, Low Fibre 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.

At this time you must also choose foods low in fibre. Fibre is the part of a plant that your body cannot digest. It is found in whole grain breads and cereals, nuts, seeds, legumes, fruits, and vegetables.

Read the “Nutrition Facts” table on food labels to help you choose foods low in fibre that are still good sources of energy and protein.

Tips to help improve your intake

- Make every bite count by choosing foods that are high in energy and protein. For example, choose cream soup over broth 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 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 create a pleasant atmosphere.

Energy

Energy, also known as calories, comes from carbohydrates, fat, and protein in food. You can increase your energy intake by choosing foods that are high in calories, eating more often, or eating larger portions.

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.

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

Try the ideas on the next few pages to help you choose low fibre foods and add energy and protein to your diet.

Low fibre foods to choose	How to add calories and protein
<p>Vegetables</p> <ul style="list-style-type: none"> • Well-cooked vegetables (except broccoli, corn, peas, and spinach) • Tomato and vegetable juices • Cooked white and sweet potatoes (without the skin) 	<ul style="list-style-type: none"> • Melt grated cheese on hot vegetables. • Add extra butter, margarine, sauces, or gravy on cooked vegetables and potatoes. • To mashed potatoes, add plain (or Greek) yogurt, butter, cream, or sour cream. • Brown sugar can be added to cooked vegetables.
<p>Fruits</p> <ul style="list-style-type: none"> • Canned fruit • Ripe bananas • Pulp-free juices • Puréed fruit (peeled and without seeds, such as mango or peach) 	<ul style="list-style-type: none"> • Enjoy a dish of canned fruit or sliced bananas with cream, cottage cheese, whipped cream, ice-cream, frozen yogurt, or Greek yogurt. • Use canned fruits to bake pies and cobblers. • Blend fruit with milk, Greek yogurt, frozen yogurt, or ice cream to make a smoothie.

Low fibre foods to choose	How to add calories and protein
<p>Grain products</p> <ul style="list-style-type: none"> • Plain white and light rye bread, rolls, and bagels • Baked goods made with white flour • Refined, cooked, or dry cereals with less than 2g of fibre (e.g. Cream of Wheat[®], Cornflakes[®], Puffed Rice[®], Cheerios[®], Special K[®], Rice Krispies[®], and quick cooking oatmeal) • Pasta made with white flour • White rice 	<ul style="list-style-type: none"> • Spread breads, crackers, cookies, and muffins with butter or margarine, honey, jelly, flavoured yogurt, cream cheese, or smooth peanut butter. • Add extra mayonnaise and cheese to your sandwiches. • Olive oil can be used as a dip for low fibre breads. Enjoy with a little balsamic vinegar. • To cereals, add canned fruit or bananas, cream, yogurt, honey, sugar, or maple syrup. • Make hot cereals with whole milk instead of water. • To pasta, add a cream or tomato sauce with meat or poultry. Also, add cooked vegetables and cheese. • To white rice and pasta, add extra butter or margarine, grated cheese, cottage cheese, cream, or sour cream. • Try cooking rice in a cream soup instead of water.

Low fibre foods to choose	How to add calories and protein
<p>Milk and alternatives</p> <ul style="list-style-type: none"> • Homogenized (3.5%) or 2% milk • Soy milk • Evaporated milk • Skim milk powder • Chocolate milk • Cottage cheese • Cheese • Greek, plain, or flavoured yogurt (without nuts, seeds, coconut, or dried fruits) • Puddings or custards • Ice cream or frozen yogurt (without nuts, seeds, coconut, or dried fruits) 	<ul style="list-style-type: none"> • Add chocolate or other flavoured syrups to milk. • Add cream to hot chocolate. Top with whipped cream and marshmallows. • Enjoy a milkshake. • Add skim milk powder to cold foods, such as milkshakes, yogurts, puddings, and custards, as well as hot foods, like casseroles, meat loaves, batters, sauces, mashed potatoes, ground meats, and cooked cereals. • Add cottage cheese to canned fruit, eggs, pancake batter, casseroles, pasta, and cooked vegetables. • Add cheese to eggs, casseroles, soups, pastas, sandwiches, sauces, and cooked vegetables. Top bread, crackers, and muffins with cheese. • Puddings and custards can be made with half-and-half or cream.

Low fibre foods to choose	How to add calories and protein
<p>Meat and Alternatives</p> <ul style="list-style-type: none"> • All meat, fish, poultry • Eggs • Smooth nut butters • Tofu • Hummus 	<ul style="list-style-type: none"> • Use honey or syrup as a glaze for baking and barbecuing. • Add pesto to chicken and fish. • Dip meat, fish, or poultry in egg and whole milk and roll in bread or cracker crumbs before baking or frying. • Serve meat, fish, or poultry with cream sauce or gravy. • Add extra butter, margarine, or oil when cooking. • Add well-cooked eggs to casseroles, sandwiches, pastas, soups, and rice dishes (made with low fibre ingredients). • Add extra meat, fish, or poultry to soups and stews. • Stir cream cheese into scrambled eggs. • Tofu can be added to soups, chowders, casseroles, and pasta dishes. • Blend tofu into milkshakes and smoothies.

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 meet your nutritional requirements through food alone. 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[®], Ensure[®]). They may also carry store brands (e.g. Equate[®], President's Choice[®]). Talk with your dietitian about which products would be best for you. You can also buy protein powders (e.g. Beneprotein[®]) which can be mixed easily with most foods and liquids.

High energy high protein, low fibre recipes

Savoury Bread Pudding

- 4-5 slices day-old white bread (crusts removed) or white croissants (cubed)
- 4 eggs (beaten)
- 10-12 oz tin cream of tomato soup
- 1/4-1/2 tsp (1.25-2.5ml) garlic powder
- 1/4 cup (60ml) sour cream
- 1/4 cup (60ml) cheddar cheese (shredded)
- Salt and pepper (to taste)

Preheat oven to 350°F. Grease a 1 quart (1L) baking dish with butter or oil. Place the bread cubes in the dish. In a medium sized bowl, whisk together milk, soup, sour cream, garlic powder, and eggs. Pour this mixture over the bread cubes and gently push the mixture into the bread, allowing it to soak for 5 minutes. Sprinkle cheese on top and bake for 25-30 minutes. This recipe makes 2-3 servings.

Chocolate Banana Milkshake

- 1/3 cup (80ml) chocolate milk
- 1/3 cup (80ml) evaporated milk
- 2 Tbsp (30ml) skim milk powder
- 1/2 medium banana

Place all ingredients in a blender and mix well. Serve cold. This recipe makes 1 serving.

Chocolate Banana Peanut Butter Smoothie

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

Place all ingredients in a blender and mix well. Enjoy cold. Leftovers should be kept in the fridge or freezer.

High Protein Egnog

- 1/2 cup (125ml) eggnog
- 1 Tbsp (15ml) skim milk powder
- 1/4 cup (60ml) whole milk
- Sprinkle of cinnamon and nutmeg

Mix all ingredients together in a blender. Add a tiny sprinkle of cinnamon or nutmeg on top, as desired. Serve cold.

Orange Pro Frost

- 1/2 cup (125ml) orange juice
- 1/2 cup (125ml) ice cream 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) fruit (try banana or canned peaches)
- 1/3 cup (80ml) Greek, plain, or fruit yogurt
- 1 Tbsp (30ml) honey
- 1 cup (250ml) whole milk (can add 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

- 1 cup (250ml) 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.

Super Pudding

- 1 package (125g) instant pudding mix
- 2 cups (500ml) homogenized milk
- 2 Tbsp (30ml) vegetable oil
- 3/4 cup (180ml) skim milk powder

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

Macaroni and Cheese

- 3 cups (750ml) cooked pasta (drained)
- 1/4 cup (60ml) butter or margarine
- 1 Tbsp (7g) flour
- 2 egg yolks (slightly beaten)
- 1 cup (250ml) grated cheese
- 1/4 cup (60ml) evaporated milk
- 3/4 cup (175ml) whole milk
- 1/4 tsp (1.25ml) salt
- Pepper (to taste)
- 6 crackers (can also use 1/2 cup breadcrumbs)

Set oven to 400°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.

High energy, high protein, low fibre sample menu

Breakfast

- 1 scrambled egg
- 1 slice white toast
- 1 tsp (5ml) butter or margarine
- 1 tsp (5ml) jelly
- 1/2 cup (125ml) pulp-free orange juice

Mid-morning snack

- 3/4 cup (180ml) Greek yogurt
- 1 sliced banana

Lunch

- 1 cup (250ml) tomato soup
- 1 grilled cheese sandwich
- 1/2 cup (125ml) canned mandarin oranges

Mid-afternoon snack

- 1 cup (250ml) Chocolate Banana Peanut Butter Smoothie (see recipe)

Supper

- 75g (2 1/2 oz) salmon
- 1/2 cup (125ml) mashed potatoes with skim milk powder
- 1/2 cup (125 ml) green beans with melted butter or margarine

Evening snack

- 1/2 cup (125ml) guacamole (no onions or tomatoes) and 15 tortilla chips

