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High Energy, High Protein Diabetic Meal Planning

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 and/or illness.

Changes in your diet may affect your blood sugars. Talk about any changes with your healthcare provider.

Tips to help improve your intake

• Make every bite count by choosing foods that are high in energy and protein. For example, choose cream soups over broths or canned fruit in juice 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 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 freeze leftovers for times when you don’t feel up to cooking.

• Make meals more attractive by using brightly-coloured foods and garnishes.

• Use beverages 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.
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:

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving size</th>
<th>Grams of protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, fish, poultry</td>
<td>75g (2 1/2 oz); 125ml (1/2 cup)</td>
<td>21g</td>
</tr>
<tr>
<td>Firm tofu</td>
<td>150g/175ml (3/4 cup)</td>
<td>12g</td>
</tr>
<tr>
<td>Egg</td>
<td>1 large</td>
<td>6g</td>
</tr>
<tr>
<td>Cheese</td>
<td>50g (1 1/2 oz)</td>
<td>12g</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td>125ml (1/2 cup)</td>
<td>13g</td>
</tr>
<tr>
<td>Fortified soy beverage</td>
<td>250ml (1 cup)</td>
<td>7-8g</td>
</tr>
<tr>
<td>Dried beans, peas, or lentils (cooked)</td>
<td>175ml (3/4 cup)</td>
<td>12g</td>
</tr>
<tr>
<td>Milk (cow’s)</td>
<td>250ml (1 cup)</td>
<td>9g</td>
</tr>
<tr>
<td>Food</td>
<td>Serving size</td>
<td>Grams of protein</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-----------------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Yogurt</td>
<td>175ml (3/4 cup)</td>
<td>7g</td>
</tr>
<tr>
<td>Greek yogurt</td>
<td>175ml (3/4 cup)</td>
<td>14g</td>
</tr>
<tr>
<td>Peanut butter (or other nut butters)</td>
<td>30ml (2 Tbsp)</td>
<td>4g</td>
</tr>
<tr>
<td>Nuts or seeds</td>
<td>60ml (1/4 cup)</td>
<td>3-8g</td>
</tr>
<tr>
<td>Bread</td>
<td>1 slice</td>
<td>4g</td>
</tr>
<tr>
<td>Cereal (cold)</td>
<td>30g</td>
<td>3g</td>
</tr>
<tr>
<td>Cereal (hot)</td>
<td>175ml (3/4 cup)</td>
<td>4g</td>
</tr>
<tr>
<td>Pasta or rice (cooked)</td>
<td>125ml (1/2 cup)</td>
<td>3g</td>
</tr>
<tr>
<td>Quinoa (cooked)</td>
<td>125ml (1/2 cup)</td>
<td>4g</td>
</tr>
<tr>
<td>Vegetables</td>
<td>125ml (1/2 cup) or 250ml (1 cup) of lettuce 250ml (1 cup) of green peas</td>
<td>2g or 8g</td>
</tr>
<tr>
<td>Fruit</td>
<td>1 fruit or 125ml (1/2 cup)</td>
<td>1g</td>
</tr>
</tbody>
</table>

Talk with 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:

<table>
<thead>
<tr>
<th>Food</th>
<th>How to use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skim milk powder</td>
<td><strong>1 Tbsp has 33 calories and 3 grams protein</strong> Add to cold foods such as low sugar yogurts, puddings, custards, or fruit smoothies. Make ‘double milk’ by adding 1/2 cup (125ml) of skim milk powder to 1 cup (250ml) of homogenized milk.</td>
</tr>
<tr>
<td>Cheese</td>
<td>Use grated or cut up in casseroles or salads. Melt on top of potatoes, eggs, pastas, cooked vegetables, and bean dishes. Add to fruit, whole grain breads, crackers, and bagels. Melt in sauces, dips, and soups.</td>
</tr>
<tr>
<td>Eggs</td>
<td>Add chopped or sliced into potato or tossed salads, sandwich fillings, or casseroles. Use extra eggs when baking or cooking. Beat into hot soups.</td>
</tr>
<tr>
<td>Food</td>
<td>How to use</td>
</tr>
<tr>
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<td>---------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Peanut (or other nut) butters | Add to muffin, cookie, pancake, or waffle mixes.  
                          Spread on whole grain crackers and breads, fruit, or vegetables.  
                          Stir into low sugar yogurt or hot cereals. |
| Nuts, seeds           | Sprinkle on low sugar yogurts and puddings, cereals, salads, or stir-fries.  
                          Add to ground meats. |
| Beans, lentils         | Add into casseroles, soups, stews, chilies, salads, dips, or spreads. |
| Meat, fish, poultry   | Add to casseroles, soups, pastas, salads, egg dishes, or rice.  
                          Spread paté on whole grain breads and crackers. |
| Tofu                  | Mix into smoothies, sauces, soups, or chowders.  
                          Add to salads, stir-fries, or casseroles. |
| Wheat germ            | Sprinkle into low sugar yogurt or whole grain cereals.  
                          Add to muffin, cookie, pancake, and other batters. |
Energy

Energy, also known 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:**

<table>
<thead>
<tr>
<th>Food group</th>
<th>How to use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit and vegetables</td>
<td>Add cream sauce, cheese, margarine, butter, and/or oil to vegetables. Use avocado in sandwiches, salads, and dips. Choose fruit packed in juice. Try raw vegetables dipped in salad dressing or hummus. Add whipped cream or Greek yogurt on top of cut up fruit. Add sour cream, cream cheese, skim milk powder, or cream to mashed vegetables or potatoes.</td>
</tr>
<tr>
<td>Food group</td>
<td>How to use</td>
</tr>
<tr>
<td>------------------</td>
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</tr>
<tr>
<td>Grain products</td>
<td>Spread butter, margarine, cream cheese, or nut butters on whole grain breads, crackers, and muffins. Choose calorie-dense cereals, like granola with nuts. Try these cereals added to Greek yogurt. Add breadcrumbs, oatmeal, or wheat germ to baking mixes, meatloaf, or hamburgers. Add pesto sauce to pasta and pizza. Use olive or canola oil as a dip for whole grain breads.</td>
</tr>
<tr>
<td>Food group</td>
<td>How to use</td>
</tr>
<tr>
<td>-----------------------------</td>
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</tr>
<tr>
<td>Meat and alternatives</td>
<td>Add gravies or sauces to meat, poultry, and fish.</td>
</tr>
<tr>
<td></td>
<td>Mix mayonnaise with chopped chicken or fish to make sandwich filling.</td>
</tr>
<tr>
<td></td>
<td>Spread nut butters on whole grain bagels, bread, and crackers.</td>
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<tr>
<td></td>
<td>Use pesto sauce on fish and chicken.</td>
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<tr>
<td></td>
<td>Add nuts and seeds to salads, stir-fries, cereals, low sugar yogurts, and puddings.</td>
</tr>
<tr>
<td></td>
<td>Choose high-calorie options, such as fatty fish (e.g. salmon, trout, herring, mackerel), chicken legs or thighs.</td>
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<tr>
<td></td>
<td>Use extra eggs when baking or cooking (even when using a baking mix).</td>
</tr>
<tr>
<td>Food group</td>
<td>How to use</td>
</tr>
<tr>
<td>---------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Milk and alternatives</td>
<td>Add powdered milk to: homogenized milk, low sugar yogurt, mashed potatoes, puddings, custards, sauces, gravies, smoothies, milkshakes, soups, batters, cereals, and hot beverages.</td>
</tr>
<tr>
<td></td>
<td>Add cream cheese or grated hard cheese to scrambled eggs.</td>
</tr>
<tr>
<td></td>
<td>Choose yogurt and cheese made with a high percentage of fat.</td>
</tr>
<tr>
<td></td>
<td>Use cream or half-and-half instead of milk in recipes.</td>
</tr>
</tbody>
</table>

**High sugar foods to avoid**

- White sugar, brown sugar, icing sugar, honey, molasses, maple syrup, table syrup, jam, jelly, and marmalade.
- Candy, chocolate, and marshmallows.
- Regular pop, fruit crystals, fruit drinks, and sweetened juices.
- Liqueurs, sweet wines, and sweet drink mixes.
- Cakes, pies, pastries, and rich desserts.
- Cookies with icing or filling.
Nutritional supplements

You may want to use nutritional supplements as an extra source of energy and protein. These are helpful 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 beverages, often in brand names (e.g. Boost®, Ensure®). They may also carry store brands (e.g. Equate®, President’s Choice®).

You may want to consider a low sugar supplement like Boost Diabetic® or Glucerna®. Read the labels to see which supplement is best for you. You can also buy protein powders (e.g. Beneprotein®) which can be mixed easily with most foods and liquids.

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

Yogurt Smoothie
• 1 cup (250ml) fruit (try banana or canned peaches)
• 1/3 cup (80ml) Greek, plain, or fruit yogurt
• 1 cup (250ml) whole milk (can add an extra 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) 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 (low sugar)
• 2 cups (500ml) Homogenized milk
• 2 Tbsp (30ml) vegetable oil
• 3/4 cup (180ml) skim milk powder
Combine all ingredients. Mix well and refrigerate until set. Enjoy with whipped cream.
Macaroni and Cheese

- 3 cups (420g) cooked whole grain 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 (180ml) whole milk
- 1/4 tsp (1.25ml) salt
- 6 crackers (can also use 1/2 cup breadcrumbs)
  pepper (to taste)

Set oven to 400F. 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 sauce and cooked macaroni together, then place in a greased baking dish. Top with crackers and more grated cheese. Bake until bubbling.
Sweet Potato Burritos

- 1 Tbsp (15ml) vegetable oil
- 1 onion (chopped)
- 4 cloves garlic (minced)
- 6 cups (1,100g) 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 whole grain flour tortillas
- 1 cup (250ml) 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 water, heating until warm. Remove from heat, 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
1/2 cup (60g) granola
3/4 cup (180ml) Greek yogurt (low sugar)
1/4 cup (35g) mixed nuts
1/2 cup (30g) raspberries

Mid-morning snack
1/2 cup (125ml) raw vegetables
3 Tbsp (45ml) hummus
50g cheddar cheese

Lunch
1/2 cup (65g) diced chicken
2 Tbsp (30ml) mayonnaise
2 slices whole grain bread
1 banana
1 cup (250ml) whole milk

Mid-afternoon snack
1 cup (250ml) Tofu Smoothie (see recipe)

Supper
75g salmon (2 1/2 oz)
1/2 cup (90g) quinoa (cooked)
1/2 cup (75g) steamed broccoli with melted cheese on top

Evening snack
1/2 cup (125ml) guacamole
15 whole grain tortilla chips