

High-energy, High-protein, Low-fibre Eating Guidelines

Contents

Energy	1
Protein	2
Tips for high-energy and high-protein eating.....	2
Tips for choosing low-fibre foods and adding energy and protein to your meals	3
Nutritional supplements	6
High-energy, high-protein, low-fibre recipes.....	7
Savoury Bread Pudding.....	7
Chocolate Banana Milkshake	7
Chocolate Banana Peanut Butter Smoothie	8
High-Protein Egnog.....	8
Orange Pro Frost	8
Yogurt Smoothie	9
Tofu Shake	9
Super Pudding.....	9
Macaroni and Cheese.....	10
High-energy, high-protein, low-fibre sample menu	11

High-energy, High-protein, Low-fibre Eating Guidelines

- Nutrition is very important in helping you feel better and stay strong. Choosing foods that are high in energy and protein will give you the nutrition you need to:
 - › Have more energy
 - › Gain or keep weight
 - › Fight infection
 - › Heal more quickly from surgery or sickness
- You should also choose foods low in fibre. Fibre is the part of a plant that your body cannot digest (break down). It is found in:
 - › Whole-grain breads and cereals
 - › Nuts
 - › Seeds
 - › Legumes (soybeans, peanuts, fresh peas and beans)
 - › Fruits
 - › Vegetables
- Read the Nutrition Facts table on food labels to help you choose high-energy, high-protein, and low-fibre foods. For more information on how to read a Nutrition Facts table, see pamphlet 1887, *Heart Healthy Eating Guide*:
 - › www.nshealth.ca/patient-education-resources/1887

Energy

- Energy comes from carbohydrates, fat, and protein in food. It is measured by the amount of calories in food.
- To get more energy:
 - › Choose foods that have more calories
 - › Eat more often
 - › Eat larger portions

Protein

- Your body uses protein to:
 - › Build and repair cells
 - › Fight infection
 - › Heal
 - › Build muscle
- The main food sources of protein include:
 - › Meat
 - › Poultry
 - › Fish
 - › Eggs
 - › Dairy products
 - › Legumes
 - › Tofu and soy
- Eating protein from a mix of foods will also help you get other nutrients you need, like iron, zinc, vitamin B12, calcium, and vitamin D.

Tips for high-energy and high-protein eating

- Try to eat your biggest meal at the time of day when you want to eat the most.
- Improve your appetite (when you feel hungry) by being active. Go for a short walk and enjoy fresh air.
- Enjoy meals with friends and family.
- Use bright-coloured foods and garnishes to make your meals look appealing.
- Use drinks to add extra calories. Choose milk, smoothies, juice, or milkshakes over water, tea, coffee, or diet pop.
- Always have snack foods, so you can eat as you feel hungry.
- Eat small meals and snacks often. Try to eat a snack every 2 hours.
- Include a serving of protein at each meal and snack.
- If you can, choose:
 - › Cream soup over broth
 - › Canned fruit in syrup over watermelon
- Add extra sauces, gravies, cream, or fats to your food.
- To take a break from cooking:
 - › Keep frozen, canned, or ready-to-use foods at home.
 - › Cook larger batches of food when you feel better. Freeze the leftovers.
 - › Let your support persons help you. They can shop for groceries or cook meals.

Tips for choosing low-fibre foods and adding energy and protein to your meals

Low-fibre choices:	How to add calories and protein:
<p>Vegetables</p> <ul style="list-style-type: none"> • Well-cooked vegetables (except broccoli, corn, peas, and leafy greens) • Tomato and vegetable juices (without pulp) • 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 to cooked vegetables and potatoes. • Add plain yogurt, butter, cream, or sour cream to mashed potatoes. • Brown sugar can be added to cooked vegetables.
<p>Fruits</p> <ul style="list-style-type: none"> • Low-fibre choices: <ul style="list-style-type: none"> › Canned fruit › Bananas › Pulp-free juices › Puréed fruit (peeled and without seeds, like mango or peach) 	<ul style="list-style-type: none"> • Have a dish of canned fruit or sliced bananas with cream, cottage cheese, whipped cream, ice cream, frozen yogurt, or high-protein yogurt (like OIKOS® brand, or skyr). • Use canned fruits to bake pies and cobblers. • Blend fruit with milk, high-protein yogurt, frozen yogurt, or ice cream to make a smoothie.

Low-fibre choices:	How to add calories and protein:
<p>Grain products</p> <ul style="list-style-type: none"> • Low-fibre choices: <ul style="list-style-type: none"> › Plain white and light rye bread, rolls, and bagels › Baked goods made with white flour › Pasta made with white flour › White rice • Refined, cooked, or dry cereals with less than 2 grams of fibre, like: <ul style="list-style-type: none"> › Cream of Wheat® › Cornflakes® › Cheerios™ › Rice Krispies® › Special K® › Puffed rice cereals › Quick cooking oatmeal 	<ul style="list-style-type: none"> • Use spreads on breads, crackers, cookies, and muffins, like: <ul style="list-style-type: none"> › Butter or margarine › Honey or jelly › Flavoured yogurt or cream cheese › Smooth peanut butter • Add these to cereals: <ul style="list-style-type: none"> › Canned fruit › Bananas › Cream › Yogurt › Honey, sugar, or maple syrup • Make hot cereals with whole milk instead of water. • Add a cream or tomato sauce to pasta with meat or poultry. You can also add cooked vegetables and cheese. • Add extra butter or margarine, grated cheese, cottage cheese, cream, or sour cream to white rice or pasta. • Add extra mayonnaise and cheese to your sandwiches. • Dip low-fibre breads in olive oil. You can also add a little balsamic vinegar. • Try cooking rice in a cream soup instead of water.

Low-fibre choices:	How to add calories and protein:
<p>Protein foods</p> <ul style="list-style-type: none"> • Low-fibre choices: <ul style="list-style-type: none"> › Homogenized (3.5%) or 2% cow's milk › Soy milk › Evaporated milk › Skim milk powder › Chocolate milk › Cottage cheese › Cheese › Puddings or custards › Yogurt (without nuts, seeds, coconut, or dried fruits) › 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, like: <ul style="list-style-type: none"> › Milkshakes › Yogurt › Puddings and custards • Add skim milk powder to hot foods, like: <ul style="list-style-type: none"> › Casseroles › Meat loaves › Batters and sauces › Mashed potatoes › Ground meats › Cooked cereals • Add cottage cheese to foods like: <ul style="list-style-type: none"> › Casseroles › Cooked vegetables › Eggs › Pasta › Canned fruit › Pancake batter • Add cheese to foods like: <ul style="list-style-type: none"> › Casseroles › Cooked vegetables › Eggs › Soups › Sandwiches › Pasta › Sauces • Top bread, crackers, and muffins with cheese. • Make puddings and custards with half-and-half (a mix of equal parts whole milk and cream) or cream.

Low-fibre choices:	How to add calories and protein:
<p>Protein foods</p> <ul style="list-style-type: none"> • Low-fibre choices: <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. • 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. • Stir cream cheese into scrambled eggs. • Blend tofu into milkshakes and smoothies. • Add tofu to soups, chowders, casseroles, and pasta dishes. • Add pesto to chicken and fish. • Add extra butter, margarine, or oil when cooking. • Add 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.

Nutritional supplements

- You may want to use nutritional supplement drinks as an extra source of energy and protein. They can help when you are not able to meet your nutritional requirements through food alone.
- Most drugstores and grocery stores have nutrition supplement drinks. Some will be under brand names, like:
 - › Boost[®]
 - › Premier Protein[®]
 - › Ensure[®]
- Stores may also carry these drinks under store brands, like:
 - › Equate[®]
 - › President's Choice[®]
- Talk with your dietitian about which products would be best for you.
- You can also buy protein powders (like Beneprotein[®]). You can mix protein powder with most foods and liquids.

High-energy, high-protein, low-fibre recipes

Savoury Bread Pudding

- › 4 to 5 slices of white bread (crusts removed) or white croissants (cut into cubes)
 - › 4 eggs (beaten)
 - › 10 to 12 oz can cream of tomato soup
 - › ¼ tsp to ½ tsp (1.25 to 2.5 ml) garlic powder
 - › ¼ cup (60 ml) sour cream
 - › ¼ cup (60 ml) cheddar cheese (shredded)
 - › Salt and pepper (to taste)
1. Preheat oven to 350 °F.
 2. Grease a 1 quart (1 L) baking dish with butter or oil.
 3. Place the bread cubes in the dish.
 4. 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. Let it soak for 5 minutes.
 5. Sprinkle cheese on top and bake for 25 to 30 minutes. Enjoy right away or keep in the fridge for up to 3 days.

This recipe makes 2 to 3 servings.

Chocolate Banana Milkshake

- › ⅓ cup (80 ml) chocolate milk
 - › ⅓ cup (80 ml) evaporated milk
 - › 2 Tbsp (30 ml) skim milk powder
 - › ½ medium banana
1. Place all ingredients in a blender and mix well. Serve cold. This is best enjoyed right away, but you can keep it in the fridge for up to 3 days

This recipe makes 1 serving.

Chocolate Banana Peanut Butter Smoothie

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

1. Place all ingredients in a blender and mix well. Serve cold. Leftovers can be kept in the fridge for up to 3 days.

High-Protein Egnog

- › ½ cup (125 ml) eggnog
- › 1 Tbsp (15 ml) skim milk powder
- › ¼ cup (60 ml) whole milk
- › Sprinkle of cinnamon and nutmeg (optional)

1. Mix all ingredients together in a blender. Add a sprinkle of cinnamon or nutmeg on top. Serve cold. Leftovers can be kept in the fridge for up to 3 days.

Orange Pro Frost

- › ½ cup (125 ml) orange juice
- › ½ cup (125 ml) ice cream or sherbet
- › 2 Tbsp (30 ml) skim milk powder

1. Mix all ingredients together in a blender. Enjoy cold. Leftovers can be kept in the fridge for up to 3 days or in the freezer for up to 2 weeks (14 days).

Yogurt Smoothie

- › 1 cup (250 ml) fruit (try banana or canned peaches)
- › 1/3 cup (80 ml) yogurt
- › 1 Tbsp (30 ml) honey
- › 1 cup (250 ml) whole milk (can add 2 Tbsp skim milk powder)
- › 2 ice cubes

1. Mix all ingredients together in a blender. Enjoy cold. Leftovers can be kept in the fridge for up to 3 days.

Tofu Shake

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

1. Mix all ingredients together in a blender. Enjoy cold. Leftovers can be kept in the fridge for up to 3 to 5 days.

Super Pudding

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

1. Combine all ingredients in a bowl. Mix well and put in the fridge until set. Serve with whipped cream. Leftovers can be kept in the fridge for up to 3 days.

Macaroni and Cheese

- › 3 cups (750 ml) cooked pasta (drained)
 - › ¼ cup (60 ml) butter or margarine
 - › 1 Tbsp (7 grams) flour
 - › 2 egg yolks (slightly beaten)
 - › 1 cup (250 ml) grated cheese
 - › ¼ cup (60 ml) evaporated milk
 - › ¾ cup (175 ml) whole milk
 - › ¼ tsp (1.25 ml) salt
 - › Pepper (to taste)
 - › 6 crackers (can also use ½ cup breadcrumbs)
1. Set oven to 400 °F.
 2. Melt butter in a large pan.
 3. Stir in flour, egg yolks, salt, and pepper.
 4. Add milk, stirring often on low heat until sauce starts to thicken.
 5. Add grated cheese. Mix together sauce and cooked macaroni, then place in a greased baking dish.
 6. Top with crackers and more grated cheese. Bake until bubbling. Leftovers can be kept in the fridge for up to 3 days.

High-energy, high-protein, low-fibre sample menu

Breakfast

- › 1 scrambled egg
- › 1 slice white toast
- › 1 tsp (5 ml) butter or margarine
- › 1 tsp (5 ml) jelly
- › ½ cup (125 ml) pulp-free orange juice

Mid-morning snack

- › ¾ cup (180 ml) yogurt
- › 1 sliced banana

Lunch

- › 1 cup (250 ml) tomato soup
- › 1 grilled cheese sandwich
- › ½ cup (125 ml) canned mandarin oranges

Mid-afternoon snack

- › 1 cup (250 ml) Chocolate Banana Peanut Butter Smoothie
(see recipe on page 8)

Supper

- › 75 grams (2½ oz) salmon
- › ½ cup (125 ml) mashed potatoes with skim milk powder
- › ½ cup (125 ml) green beans with melted butter or margarine

Evening snack

- › ½ cup (125 ml) guacamole (no onions or tomatoes) and 15 tortilla chips

