

# High Energy, High Protein Guidelines

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# High Energy, High Protein Guidelines

Good nutrition is very important. 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 your energy levels, gain or maintain weight, heal, fight or prevent infections, and recover quicker from surgery or illness.

This guide will help you choose foods with more energy and protein.

## 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 do not 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. Freeze meals for times when you do not 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.
- Add extra sauces, gravies, cream, or fats to your food.
- Eat with family and friends to make meals more enjoyable.
- If you are not eating solid food, try for 8 cups of high energy, high protein liquids each day. Try whole milk, milkshakes, smoothies, or nutritional supplement drinks.

## Protein

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

### Good food sources of protein:

Food	Serving size	Grams of protein (approximate)
Meat, poultry, fish, seafood, shellfish	1/2 cup (125 ml) or 2½ oz (75 g)	21 g
Firm tofu	3/4 cup (175 ml) or 150 g	12 g
Egg	1 large	6 g
Cheese	1½ oz (50 g)	12 g
Cottage cheese	1/2 cup (125 ml)	13 g
Fortified soy drink	1 cup (250 ml)	7 to 8 g
Legumes, cooked	3/4 cup (175 ml)	12 g
Milk (cow's)	1 cup (250 ml)	9 g
Yogurt or kefir	3/4 cup (175 ml)	7 g
Greek yogurt	3/4 cup (175 ml)	14 g
Peanut (or other nut) butters	2 tbsp (30 ml)	4 g
Nuts, seeds	1/4 cup (60 ml)	3 to 8 g
Bread, 6-inch pita, naan bread, or paratha	1 slice	4 g
Cereal (cold)	1/4 cup (30 g)	3 g
Cereal (hot)	3/4 cup (175 ml)	4 g
Pasta, rice (cooked)	1/2 cup (125 ml)	3 g
Quinoa (cooked)	1/2 cup (125 ml)	4 g

<b>Food</b>	<b>Serving size</b>	<b>Grams of protein (approximate)</b>
Vegetables	• 1 cup (250 ml) of lettuce or 1/2 cup (125 ml) of other vegetables	2 g
	• 1 cup (250 ml) of green peas	8 g
Fruit	1 fruit or 1/2 cup (125 ml)	1 g

**Ask your dietitian how many grams of protein you should try to eat each day.**

For more information on portion sizes, visit:

› [www.unlockfood.ca](http://www.unlockfood.ca)

**Try these ideas to add protein:**

<b>Food</b>	<b>How to use</b>
Skim milk powder: 2 tbsp has 45 calories and 4½ grams of protein	<ul style="list-style-type: none"> <li>• Add to cold foods like low sugar yogurts, puddings, custards, or fruit smoothies.</li> <li>• Add to hot foods like mashed potatoes, cooked cereals, soups, sauces, ground meats, casseroles, or curries.</li> <li>• Make ‘double milk’ by adding 1/2 cup (125 ml) of skim milk powder to 1 cup (250 ml) of homogenized milk.</li> </ul>
Cheese	<ul style="list-style-type: none"> <li>• Use grated or cut up in casseroles, curries, or salads.</li> <li>• Melt on top of potatoes, eggs, pasta, cooked vegetables, and bean dishes.</li> <li>• Add to fruit, whole grain breads, crackers, and bagels.</li> <li>• Melt in sauces, dips, and soups.</li> </ul>

Food	How to use
Eggs, egg substitutes, pasteurized egg whites	<ul style="list-style-type: none"> <li>• Add chopped or sliced into potato or tossed salads, sandwich fillings, or casseroles.</li> <li>• Use extra eggs when baking or cooking.</li> <li>• Beat into hot soups.</li> </ul>
Nut or seed butters	<ul style="list-style-type: none"> <li>• Add to muffin, cookie, pancake, or waffle mixes.</li> <li>• Spread on whole grain crackers and breads, fruit, or vegetables.</li> <li>• Stir into yogurt or hot cereals.</li> </ul>
Nuts, seeds	<ul style="list-style-type: none"> <li>• Sprinkle on yogurts and puddings, cereals, salads, or stir-fry.</li> <li>• Add to ground meats.</li> </ul>
Legumes	<ul style="list-style-type: none"> <li>• Add to casseroles, curries, soups, stews, chili, salads, dips, or spreads.</li> </ul>
Meat, poultry, fish, seafood, shellfish	<ul style="list-style-type: none"> <li>• Add to casseroles, soups, pastas, salads, egg dishes, or rice.</li> <li>• Spread pâté on whole grain breads and crackers.</li> </ul>
Soy products (tofu, textured vegetable protein (TVP), soy beans/edamame, tempeh)	<ul style="list-style-type: none"> <li>• Mix into smoothies, sauces, soups, or chowders.</li> <li>• Add to salads, stir-fry, curries, or casseroles.</li> </ul>
Wheat germ	<ul style="list-style-type: none"> <li>• Sprinkle into yogurt or whole grain cereals.</li> <li>• Add to muffin, cookie, pancake, and other batters.</li> </ul>

## 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 energy (calories):

Food	How to use
Fruit and vegetables	<ul style="list-style-type: none"><li>• Add cream sauce, cheese, margarine, butter, and/or oil to vegetables.</li><li>• Use avocado in sandwiches, salads, and dips.</li><li>• Choose fruit packed in syrup instead of water.</li><li>• Add dried fruit to baking or sprinkle on cereals or salads.</li><li>• Try raw vegetables dipped in salad dressing or hummus.</li><li>• Add whipped cream or Greek yogurt on top of cut-up fruit.</li><li>• Add sour cream, cream cheese, skim milk powder, or cream to mashed vegetables or potatoes.</li><li>• Make fruit into crisps or cobblers and top with ice cream or whipped cream.</li></ul>
Grain products	<ul style="list-style-type: none"><li>• Spread butter, margarine, cream cheese, or nut butters on whole grain breads, crackers, and muffins.</li><li>• Choose calorie-dense cereals, like granola with nuts. Try these cereals with homogenized milk or added to Greek yogurt or ice cream.</li><li>• Add honey, brown sugar, or nut butters to hot cereal.</li><li>• Use jams, jellies, honey, brown sugar, or syrup on cereals, French toast, pancakes, or waffles.</li><li>• Add breadcrumbs, oatmeal, or wheat germ to baking mixes, meatloaf, or hamburgers.</li><li>• Add pesto sauce to pasta and pizza.</li><li>• Use olive or canola oil as a dip for whole grain breads.</li></ul>

Food	How to use
Meat and alternatives	<ul style="list-style-type: none"> <li>• Add gravies or sauces to meat, poultry, and fish.</li> <li>• Mix mayonnaise with chopped chicken or fish to make sandwich filling.</li> <li>• Spread nut butters on bagels, bread, and crackers.</li> <li>• Use pesto sauce on fish and chicken.</li> <li>• Add nuts and seeds to salads, stir-fry, cereals, yogurts, puddings, ice cream, and baked goods.</li> <li>• Choose high-calorie options, like fatty fish (salmon, trout, herring, mackerel) and chicken legs or thighs.</li> <li>• Use extra eggs when baking or cooking (even when using a baking mix).</li> </ul>
Milk and alternatives	<ul style="list-style-type: none"> <li>• Add powdered milk to homogenized milk, yogurt, mashed potatoes, puddings, custards, sauces, gravies, smoothies, milkshakes, soups, batters, cereals, and hot drinks.</li> <li>• Choose yogurt and cheese made with a high percentage of fat.</li> <li>• Use cream or half-and-half instead of milk in recipes.</li> <li>• Add whipped cream to fruit, puddings, ice cream, pies, Jell-O<sup>®</sup>, French toast, pancakes, waffles, and hot drinks.</li> <li>• Add sweetened condensed milk to puddings and milkshakes.</li> <li>• Add cream cheese or grated hard cheese to scrambled eggs.</li> </ul>



## Nutritional supplements

- You may want to use nutritional supplements for extra energy and protein. These can help when you are not able to eat a full meal or are having trouble meeting your nutritional needs through food. They can also be used if you are having trouble chewing and need to have liquids.
- These drinks can meet all of your nutritional needs, if you drink the right amount.
- Most drugstores and grocery stores have nutritional supplement drinks, in brand names (like Boost<sup>®</sup>, Ensure<sup>®</sup>) and store brands (like Equate<sup>™</sup>, President's Choice<sup>®</sup>). Read the labels to find out which supplement is right for you.
- You can also buy protein powder (like Beneprotein<sup>®</sup>, Boost<sup>®</sup> Just Protein<sup>™</sup>), which can be mixed easily with most foods and liquids.
- Talk to your dietitian about whether a nutritional supplement or protein powder is right for you.

## Recipes

Try these recipe ideas for a high energy, high protein snack or meal.

**Note: The nutritional values are estimates and may change with the ingredients used.**

### Chocolate Banana Peanut Butter Smoothie

1 cup (250 ml) Greek yogurt

1 cup (250 ml) vanilla ice cream

2 tbsp (30 ml) peanut butter

2 tbsp (30 ml) chocolate syrup

1 frozen banana

- Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.
  - › Makes: 2 servings
  - › Energy: 450 calories
  - › Protein: 18 grams

## **Pina Colada Smoothie**

1 cup (250 ml) pineapple juice

1 cup (250 ml) whole milk (or nutritional supplement)

1 frozen banana

1/4 cup (60 ml) frozen strawberries

2 tbsp (30 ml) skim milk powder

- Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.
  - › Makes: 2 servings
  - › Protein: 8 grams
  - › Energy: 200 calories

## **High Protein Milkshake**

1 cup (250 ml) whole milk

1/2 cup (125 ml) plain ice cream or frozen yogurt

1/4 cup (60 ml) skim milk powder

1/2 cup (125 ml) fruit (try bananas or canned peaches)

- Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.
  - › Makes 1 serving
  - › Protein: 22 grams
  - › Energy: 345 calories

## **Orange Pro Frost**

1/2 cup (125 ml) orange juice

1/2 cup (125 ml) ice cream or sherbet

2 tbsp (30 ml) skim milk powder

- Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.
  - › Makes: 1 serving
  - › Protein: 8 grams
  - › Energy: 250 calories

## **Yogurt Smoothie**

1 cup (250 ml) fruit (try bananas or canned peaches)

1/3 cup (80 ml) Greek, plain, or fruit yogurt

1 tbsp (15 ml) honey

1 cup (250 ml) whole milk (can add 2 tbsp (30 ml) skim milk powder)

2 ice cubes

- Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.
  - › Makes: 2 servings
  - › Protein: 8 grams
  - › Energy: 165 calories

## **Tofu Shake**

1 cup (250 ml) soy milk

1/3 cup (75 ml) soft tofu

1 tsp (5 ml) vanilla

1 cup (250 ml) soft fruit (try bananas or canned peaches)

- Mix all ingredients together in a blender. Enjoy cold. Keep leftovers in the fridge or freezer.
  - › Makes: 2 servings
  - › Protein: 8 grams
  - › Energy: 135 calories

## **Super Pudding**

1 package (125 g) instant pudding mix

2 cups (500 ml) homogenized milk

2 tbsp (30 ml) vegetable oil

3/4 cup (175 ml) skim milk powder

- Mix all ingredients together well. Put in the fridge and leave until set. Enjoy with whipped cream.
  - › Makes: 4 servings
  - › Protein: 13 grams
  - › Energy: 310 calories

## Macaroni and Cheese

3 cups (750 ml) cooked pasta, drained

1/4 cup (60 ml) butter or margarine

1 tbsp (15 ml) flour

2 egg yolks, slightly beaten

1 cup (250 ml) grated cheese

1/4 cup (60 ml) evaporated milk

3/4 cup (175 ml) whole milk

pinch of salt

pepper (to taste)

6 crackers (can also use 1/2 cup [250 ml] breadcrumbs)

- Preheat 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 pasta, then place in a greased baking dish. Top with crackers and more grated cheese. Bake until bubbling.
  - › Makes: 4 servings
  - › Protein: 17 grams
  - › Energy: 450 calories

## Trail Mix

1 cup (250 ml) mixed nuts (peanuts, walnuts, pecans, almonds, etc.)

1/2 cup (125 ml) shredded coconut

1 cup (250 ml) dried fruit (raisins, cranberries, papaya, pineapple, etc.)

1 cup (250 ml) chocolate chips or M&M's®

- Mix all ingredients together well. Store in an airtight container for up to 1 month.
  - › Makes: 6 servings
  - › Protein: 5 grams
  - › Energy: 250 calories

## Sweet Potato Burritos

1 tbsp (15 ml) vegetable oil

1 onion, chopped

4 cloves garlic, minced

6 cups (1½ litres) kidney beans, rinsed and drained

2 cups (500 ml) water

3 tbsp (45 ml) chili powder

4 tsp (20 ml) mustard

2 tsp (10 ml) ground cumin

pinch of cayenne pepper (to taste)

3 tbsp (45 ml) soy sauce

4 cups (1 litre) sweet potato, cooked and mashed

12 whole wheat flour tortillas

1 cup (250 ml) shredded cheese

- Preheat oven to 350° F.
- Heat oil in a frying pan and saute onion and garlic until soft. Mash beans into the onion mixture. Gradually stir in water, heating until warm. Remove from heat.
- 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.
  - › Makes: 6 servings (2 burritos each)
  - › Energy: 420 calories
  - › Protein: 24 grams

## Easy Bean Curry

1 tbsp (15 ml) vegetable oil

1 onion, chopped

2 garlic cloves, chopped

1 tsp (5 ml) ginger, minced

1 tsp (5 ml) ground cumin

1 tsp (5 ml) ground paprika

2 tsp (10 ml) garam masala

1 can (400 g) chopped tomatoes

1 can (400 g) kidney beans, rinsed and drained

1 can (400 g) chickpeas, rinsed and drained

- Heat oil in a large frying pan over low-medium heat. Saute onion, garlic, and ginger until soft.
- Add spices and cook for 1 minute.
- Add tomatoes, drained beans, and chickpeas. Bring to a boil, then lower heat and simmer for 15 minutes. Season to taste. Serve with rice or naan bread.
  - › Makes: 4 servings
  - › Energy: 450 calories
  - › Protein: 21 grams

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

(about 2,740 calories and 154 g protein)

### **Breakfast**

1/2 cup (60 g) granola

3/4 cup (180 ml) Greek yogurt

1/4 cup (35 g) mixed nuts

1/2 cup (70 g) raspberries

### **Mid-morning snack**

1/2 cup (125 ml) raw vegetables

3 tbsp (45 ml) hummus

1½ oz (50 g) cheddar cheese

### **Lunch**

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

1 banana with 1 cup (250 ml) whole milk

### **Mid-afternoon snack**

1 cup (250 ml) Chocolate Banana Peanut Butter Smoothie (see recipe on page 7)

### **Supper**

3 oz (75 g) salmon

1/2 cup (90 g) quinoa, cooked

1/2 cup (75 g) steamed broccoli with melted cheese on top

### **Evening snack**

1/2 cup (125 ml) guacamole

15 tortilla chips





