

High Energy, High Protein, Low Fat Guidelines

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High Energy, High Protein, Low Fat 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.

Low fat foods are often low in energy (calories). This guide will help you choose foods with more energy and protein. It will also help you choose foods with less fat.

Tips to help you eat less fat

- “Low Fat” foods have 3 grams of fat or less 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.
- Try to have no more than 3 to 4 teaspoons (45 to 60 ml) of added fat a day. This includes oil used for cooking, salad dressings, margarine, and mayonnaise.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 110	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Tips to help you eat better

- 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 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, 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.
- Eat with family and friends to make meals more enjoyable.

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)
Lean meat, skinless poultry, fish	2½ oz (75 g) or 1/2 cup (125 ml)	21 g
Firm tofu	3/4 cup (175 ml) or 150 g	12 g
Egg	1 large	6 g
Low fat cheese	1½ oz (50 g)	12 g
Low fat cottage cheese	1/2 cup (125 ml)	13 g
Low fat fortified soy drink	1 cup (250 ml)	7 to 8 g
Legumes, cooked	3/4 cup (175 ml)	12 g
Low fat or fat free milk (cow's)	1 cup (250 ml)	9 g
Low fat or fat free yogurt, kefir	3/4 cup (175 ml)	7 g
Low fat or fat free Greek yogurt	3/4 cup (175 ml)	14 g

Food	Serving size	Grams of protein (approximate)
Bread, 6-inch pita, naan, or paratha	1 slice	4 g
Cereal (cold), not granola	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
Vegetables	<ul style="list-style-type: none"> • 1 cup (250 ml) of lettuce or 1/2 cup (125 ml) of other vegetables • 1 cup (250 ml) of green peas 	2 g 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 information on portion sizes, visit:

> www.unlockfood.ca

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):

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

Low fat foods to choose	How to use
<p>Fruits</p> <ul style="list-style-type: none"> • All fruits (except avocados) • Canned or frozen fruit packed in syrup • All fruit juices • All dried fruits 	<ul style="list-style-type: none"> • Choose fruit packed in syrup instead of water. • Sprinkle dried fruit on cereals and salads. • Add sugar to make a fruit compote. • Mix fruit with fat free cottage cheese or low fat cereal and yogurt. • Blend with low fat yogurt to make a smoothie.
<p>Grain products</p> <ul style="list-style-type: none"> • Whole grain and white breads, rolls, and bagels • Crackers and snack foods with less than 3 g of fat per serving (like soda crackers, melba toast, Wheat Thins, bread sticks, air popped popcorn, pretzels) • Low fat cereal with skim or 1% milk • Steamed or boiled rice • Whole grain or white pasta 	<ul style="list-style-type: none"> • Spread honey, jam, jelly, or fat free cream cheese on bread, crackers, or cookies. • Add breadcrumbs, oatmeal, or wheat germ to baking mixes, meatloaf, or burgers (made with lean ground meat). • Use jams, jellies, honey, brown sugar, and syrup on cereals, pancakes, and French toast. • Make hot cereal with low fat milk instead of water. Add jam, honey, or maple syrup. • Cook rice in vegetable juice. • Add tomato sauce with lean meat and vegetables to pasta. • Add fat free yogurt or fat free sour cream to tomato sauce for a creamier texture.

Low fat foods to choose	How to use
<p>Meat and alternatives</p> <ul style="list-style-type: none"> • Lean cuts of meat trimmed of extra fat • Poultry without skin • Fish (fresh, frozen, or canned in water or broth) • Egg whites • Egg substitutes (like Eggbeaters®) • Egg yolks (no more than 1 a day) • Soy products (like tofu) • Legumes (kidney beans, split peas, lentils, chickpeas, baked beans), cooked or canned • Use a low fat cooking method, like baking, broiling, barbecuing, poaching, steaming, microwaving, or stir-frying 	<ul style="list-style-type: none"> • Use honey, jam, or syrup as a glaze or for barbecuing. • Dip pieces of chicken, turkey or fish in egg whites or low fat milk, then roll in bread or cracker crumbs before baking. • Add extra egg whites to omelets. • Add meat or dried beans to salads, soups, casseroles, curries, and pasta dishes.

Low fat foods to choose	How to use
<p>Milk and alternatives</p> <ul style="list-style-type: none"> • Low fat milk (skim or 1%), like cow's milk, buttermilk, evaporated milk, condensed milk • Low fat soy milk or other milk alternatives • Skim milk powder • High protein milk (see recipe on page 7) • Fat free or low fat yogurt • Fat free or low fat Greek yogurt • Puddings or custards made with skim or 1% milk • Low fat ("light") ice cream, sherbet, gelato, frozen yogurt • 1% or fat free cottage cheese, cream cheese, sour cream • Low fat or light cheese with 10% milk fat (M.F.) or less 	<ul style="list-style-type: none"> • Add skim milk powder to: <ul style="list-style-type: none"> › milk › yogurt › mashed potatoes › puddings › custards › smoothies › soups › batters › cereals › hot drinks • Add chocolate or other flavoured syrups to milk. • Add low fat cheese to salads, soups, and pastas. • Add milk or dairy alternatives to coffee and tea, or try a latte made with low fat or skim milk.

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 eat 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[®], Ensure[®]) and store brands (like Equate[™], President's Choice[®]). Read the labels to find out which supplement is right for you.
- You can also buy protein powder (like Beneprotein[®], Boost[®] Just Protein[™]), 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.

High Protein Milk

1 cup (250 ml) skim or 1% milk

1/4 cup (60 ml) skim milk powder

- Add powder to milk. Mix until dissolved. Keep in the fridge.
 - › Makes: 1 serving
 - › Energy: 450 calories
 - › Protein: 18 grams
 - › Fat: 0.5 grams

Pina Colada Smoothie

1 cup (250 ml) pineapple juice

1 cup (250 ml) skim 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
 - › Energy: 170 calories
 - › Protein: 8 grams
 - › Fat: 0.5 grams

Orange Pro Frost

1/2 cup (125 ml) orange juice

1/2 cup (125 ml) fat free frozen yogurt 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
 - › Energy: 180 calories
 - › Protein: 13 grams
 - › Fat: 0.6 grams

Yogurt Smoothie

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

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

1 tbsp (30 ml) honey

1 cup (250 ml) low fat 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
 - › Energy: 150 calories
 - › Protein: 11 grams
 - › Fat: 0.5 grams

Tofu Shake

1 cup (250 ml) low fat soy milk

1/3 cup (80 ml) low fat soft tofu

1 tsp (5 ml) vanilla extract

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
 - › Energy: 125 calories
 - › Protein: 7 grams
 - › Fat: 3 grams

Sweet Potato Burritos

1 tbsp (15 ml) vegetable oil

1 onion, chopped

4 cloves garlic, minced

6 cups (1,500 ml) 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 flour tortillas

1 cup (250 ml) low fat shredded cheese

- Preheat oven to 350^o 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: 12 servings
 - › Energy: 200 calories
 - › Protein: 11 grams
 - › Fat: 3 grams

High energy, high protein, low fat sample menu

Breakfast

3/4 cup (30 g) cold cereal

1 cup (250 ml) high protein milk

1/2 cup (30 g) raspberries

Mid-morning snack

1/2 cup (125 ml) raw vegetables

3 tbsp (45 ml) hummus

1½ oz (50 g) low fat cheddar cheese

Lunch

1/2 cup (65 g) diced chicken

2 tbsp (30 ml) fat free or low fat mayonnaise

2 slices whole grain bread

1 banana

1 cup (250 ml) latte made with low fat milk

Mid-afternoon snack

1 cup (250 ml) Orange Pro Frost (see recipe on page 8)

Supper

2 1/2 oz (75 g) honey glazed pork chop trimmed of extra fat

1/2 cup (90 g) quinoa, cooked

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

Evening snack

1/2 cup (125 ml) salsa

15 baked pita crisps

