

High Energy, High Protein Diabetic Guidelines

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High Energy, High Protein Diabetic 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. Changes in your diet may affect your blood sugars. Talk about any changes with your health care provider.

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 canned fruit in juice 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.

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 | 2½ oz (75 g) or 1/2 cup (125 ml) | 21 g |
| Firm tofu | ¾ 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 | ¾ cup (175 ml) | 12 g |
| Milk (cow's) | 1 cup (250 ml) | 9 g |
| Yogurt or kefir | ¾ cup (175 ml) | 7 g |
| Greek yogurt | ¾ 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) | 2.4 tbsp (30 g) | 3 g |
| Cereal (hot) | ¾ cup (175 ml) | 4 g |
| Pasta, rice (cooked) | 1/2 cup (125 ml) | 3 g |
| Quinoa (cooked) | 1/2 cup (125 ml) | 4 g |

| Food | Serving size | Grams of protein (approximate) |
|------------|---|--------------------------------|
| Vegetables | <ul style="list-style-type: none"> • 1 cup (250 ml) of lettuce or 1/2 cup (125 ml) of other vegetables | 2 g |
| | <ul style="list-style-type: none"> • 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

Try these ideas to help add protein:

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

| Food | How to use |
|--|--|
| Nut or seed butters | <ul style="list-style-type: none"> • Add to muffin, cookie, pancake, or waffle mixes. • Spread on whole grain crackers and breads, fruit, or vegetables. • Stir into yogurt or hot cereals. |
| Nuts, seeds | <ul style="list-style-type: none"> • Sprinkle on low sugar yogurts and puddings, cereals, salads, or stir-fry. • Add to ground meats. |
| Legumes | <ul style="list-style-type: none"> • Add to casseroles, curries, soups, stews, chili, salads, dips, or spreads. |
| Meat, poultry, fish, seafood, shellfish | <ul style="list-style-type: none"> • Add to casseroles, soups, pastas, salads, egg dishes, or rice. • Spread pâté on whole grain breads and crackers. |
| Soy products (tofu, textured vegetable protein (TVP), soy beans/edamame, tempeh) | <ul style="list-style-type: none"> • Mix into smoothies, sauces, soups, or chowders. • Add to salads, stir-fry, curries, or casseroles. |
| Wheat germ | <ul style="list-style-type: none"> • 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 energy (calories):

| Food | How to use |
|----------------------|---|
| Fruit and vegetables | <ul style="list-style-type: none">• Add cream sauce, cheese, margarine, butter, and/or oil to vegetables.• Use avocado in sandwiches, salads, and dips.• Choose fruit packed in juice instead of water.• 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. |
| Grain products | <ul style="list-style-type: none">• 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. |

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

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 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[®], Ensure[®]) and store brands (like Equate[™], President's Choice[®]). You may want to consider a low sugar supplement (like Boost[®] Diabetic or Glucerna[®]). 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.

Yogurt Smoothie

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

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

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
 - › Energy: 165 calories
 - › Protein: 8 grams

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 bananas or canned peaches)

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

Super Pudding

1 package (125 g) low sugar 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
 - › Energy: 310 calories
 - › Protein: 13 grams

Macaroni and Cheese

3 cups (750 ml) cooked whole grain 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
 - › Energy: 450 calories
 - › Protein: 17 grams

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 grain 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

High energy, high protein sample menu

Breakfast

- 1/2 cup (60 g) granola
- 3/4 cup (180 ml) low sugar Greek yogurt
- 1/4 cup (35 g) mixed nuts
- 1/2 cup (60 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
- 2 tbsp (30 ml) mayonnaise
- 2 slices whole grain bread
- 1 banana
- 1 cup (250 ml) whole milk

Mid-afternoon snack

- 1 cup (250 ml) Yogurt Smoothie (see recipe on page 7) or Tofu Shake (see recipe on page 8)

Supper

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

Evening snack

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

