Suggestions to increase energy and protein intake
This booklet contains general information that is not specific to you. If you have any questions after reading this, ask your own physician or health care worker. They know you and can best answer your questions.
Suggestions to increase energy and protein intake

Nutrition plays an important role in your treatment and overall well-being. However, you may be having difficulty meeting your nutritional needs because you do not feel like eating.

The following guidelines will help you increase your energy and protein intake so you can maintain your energy level.
What to do if you have a poor appetite.

1) Choose high energy, high protein foods and drinks.
   - Try to make every mouthful count.
   - Limit low energy foods or drinks such as coffee, tea, clear soups and salads.
   - Choose high energy, high protein foods or drinks such as milkshakes, hot chocolate, Ovaltine, cream soups, vegetables with cheese sauce, etc.

2) Eat often.
   - Schedule meals or snacks approximately every 2 hours.
   - Try to have a few mouthfuls even if you do not feel hungry.

3) Have larger meals when your appetite is best.
   - For example, if your appetite is best in the morning, make breakfast the largest meal of the day.

4) Keep a list of foods that you enjoy and tolerate.
   - Use this list or the list provided in this booklet for food ideas if you don't know what to eat.
   - Eat foods that appeal to you as often as you want even though you usually have these foods only at breakfast.

5) Use garnishes to help make food look more appealing.
   - Examples of garnishes: orange slice, lemon wedge, cherry tomato, carrot curl or parsley sprig.
6) Go for a short walk or get some fresh air before meal time to improve your appetite.

7) Try eating out occasionally.
   - Dine with friends or family at their home or at your favorite restaurant.

8) If allowed by your doctor, try a small amount of Brandy or Sherry; it could help stimulate your appetite.

What to do when you feel full after eating small amounts.

1) Avoid having large amounts of liquids with meals.
   - Have fluids such as tea, coffee, juice or water 30–60 minutes before or after your meals.
   - Try nutritious drinks such as whole milk and milkshakes between meals so that they don’t affect your appetite at meal time.

2) Avoid foods that tend to cause gas.
   - Avoid foods that may make you feel bloated or “full” such as broccoli, cabbage, cauliflower. For a more detailed list, ask your dietitian.
What to do when you feel too tired to cook.

1) Use as many convenience foods as you can.
   - Keep your freezer, refrigerator and cupboards stocked with foods that are ready to eat or that can be easily prepared.

2) Ask your friends or family members to prepare meals for you.

3) Home delivered foods can also be helpful.
   - Ask for Meals on Wheels or other home-delivered meals.

What to do when you feel too tired to eat.

1) Get plenty of rest frequently.
   - Eat at meal time to regulate your appetite. Avoid sleeping at meal time.
   - Keep some non-perishable snacks handy such as crackers and peanut butter, canned fruit and pudding, or packaged cookies, etc.
   - Make sure you rest before and after meals.

2) Choose soft and moist foods.
   - Avoid difficult-to-eat foods such as raw fruits and vegetables, nuts or tough meats.
   - Choose soft moist foods such as: macaroni and cheese, shepherd’s pie, cottage cheese with canned fruit, poached egg, omelet with cheese sauce.
3) Drink high energy, high protein beverages.
   - Try nutritional supplements; ask your dietitian for more details.
   - Have nutritious beverages frequently.

**What to do if you are overwhelmed by large portions of food.**

1) Choose small portions and go back for a second serving one hour later.
2) Use a larger plate.
   - This will make food portions look smaller than they really are.
3) Take a break from eating and go for a walk.
4) Snack between meals.

**What to do when the aroma of food bothers you.**

1) Stay away from the kitchen while the food is being prepared and cooked.
   - Ask other member of the household to prepare your meals; make sure to keep a window opened or use the ventilation system.
   - Prepare food in bulk when you are feeling well and freeze individual portions.
- Purchase already prepared meals which only require reheating.

2) Eat your meals in a well ventilated area.
   - Choose a place where there is a flow of fresh air.
   - Eat in the dining room or another room away from the kitchen.

3) Try foods that have less odor.
   - Have cold foods such as cottage or other cheeses, sandwiches, cold cereal, cold pizza, pâté on crackers or cold deli meats because they are usually better tolerated than hot foods.

### Should I be taking nutritional supplements?

1) Nutritional supplements are high calorie, high protein drinks with vitamins and minerals added. They are available in most grocery stores and drugstores. They may be useful if you are having difficulty maintaining your weight.

2) If you drink only these supplements, you need to take 4 or more cans of these drinks per day in order to maintain your weight.

3) If you would like further information about nutritional supplements, ask your dietitian.

4) Home-made high energy, high protein drinks are less expensive than nutritional supplements and are also excellent choices to help you maintain your weight.
Should I be taking vitamin and mineral supplements?

1) A multivitamin/mineral supplement may be necessary if you are unable to eat a variety of foods, or if you are eating less than usual.

2) A complete multivitamin/mineral supplement contains safe and adequate amounts of many vitamins and minerals to meet your daily needs.

3) Large doses of a single vitamin or mineral can be harmful and is not recommended.

4) Check with your dietitian to see whether you need a multivitamin/mineral supplement.

Tips to increase protein

Skim milk powder

- Add to milk to make fortified milk (see recipe). Use the fortified milk to prepare: cream soups, milk puddings, custards, hot cereal, hot chocolate, sauces, gravies, egg dishes, pancake/waffle batter, mashed potatoes and milkshakes. Add skim milk powder to casseroles, meatloaf and baked goods.
Eggs

- Finely chopped boiled eggs can be added to salads, sauces and casseroles. Prepare entrées and desserts that contain eggs: quiche, soufflé, custard, rice pudding, angel food cake and omelets. Add extra eggs when preparing puddings, custards, pancake/waffle batter, sauces.

Cheese

- Add grated cheese to the following dishes: soups, sauces, hot vegetables, salads, casseroles, egg dishes. Melt cheese on sandwiches, hot dogs, hamburgers.

Cottage cheese

- Try blended cottage cheese as a vegetable dip. Use to stuff crêpes or noodles. Mix it with fruit!

Peanut butter

- Spread generously on toast, crackers, English muffins, celery sticks and muffins. Use in milkshakes or in baked goods such as muffins, cookies and bread. Swirl into soft ice cream and yogurt.

Nuts and seeds

- Eat nuts and seeds as a snack. Add chopped nuts to desserts: ice cream, pudding, yogurt, muffins, fruit. Use chopped nuts in vegetable sauces.

Legumes

- Dried peas and beans may be added to some dishes: pasta, soups, salads, casseroles such as chili and baked beans.
Meat, fish and poultry
• Add diced meat, shrimp, canned tuna or salmon to salads, soups, omelets, guiche, pasta and casseroles.

Tofu
• Add to soups, salads, entrées, and desserts. Try it as a spread.

Tips to increase energy

Butter and margarine
• Use generously on hot items: hot toast, pancakes, waffles, french toast, vegetables, eggs, popcorn. Stir into soups, mashed potatoes, rice, hot cereal.

Mayonnaise
• Combine with food: meat, fish, vegetables, pasta salad, sandwiches, hors-d’oeuvres. Use in sauces or dips.

Sour cream/Yogurt
• Try in fruit or vegetable dips. Serve over potatoes, perogies.

Dried fruits
• Eat as a snack mixed with nuts and seeds. Mix into cereal, puddings or salads.

Whipped cream/ ice cream
• Use as a topping for puddings, pies, waffles, pancakes, fruit, jello, hot chocolate and milkshakes.
Honey, jam, jelly

- Spoon on toast or crackers. Use in baking: cookies or cakes. Use on pancakes, waffles, french toast and muffins.

Table cream

- Add to liquids: hot beverages, milkshakes and milk drinks. Add to milk in recipes for puddings, custards, cream soups and sauces.
Recipe suggestions

Fortified milk

250 mL (1 cup) powdered skim milk
1 litre (4 cups) whole milk

Combine powdered milk and whole milk. Mix well.

Yield: 1 litre (4 cups): 220 Calories and 15 grams protein per 250 mL (1 cup) serving.

Fruit milkshake

125 mL (1/2 cup) fortified milk
200 mL (3/4 cup) vanilla ice cream
125 mL (1/2 cup) fresh or frozen strawberries

Blend all ingredients until smooth.

For variety substitute:
• 1 small ripe banana
• 125 mL (1/2 cup) peaches
• 50 mL (1/4 cup) peanut butter
• 50 mL (1/4 cup) chocolate/butterscotch syrup

Yield: 500 mL (2 cups). 410 Calories and 11.5 grams protein per 250 mL (1 cup) serving.
**Fortified cereal**

- 80 mL (1/3 cup) uncooked rolled oats
- 200 mL (3/4 cup) fortified milk
- 50–125 mL (1/4–1/2 cup) cream (10% butter fat)
- 15 mL (1 Tbsp) butter or margarine

Cook cereal in fortified milk instead of water. When cooked, stir in butter or margarine. Top with cream (and brown sugar, if desired).

For variety, substitute rolled oats with cream of wheat.

Yield: 375 mL (1 1/2 cup). 475 Calories and 18 grams protein per serving.

**Rice pudding**

- 125 mL (1/2 cup) uncooked rice
- 250 mL (1 cup) boiling water
- 1 egg, beaten
- 50 mL (1/4 cup) sugar
- pinch of salt
- 250 mL (1 cup) fortified milk
- 5 mL (1 tsp) vanilla
- 250 mL (1 cup) raisins (optional)

Add rice to boiling water. Cover and reduce heat. Simmer for 10 minutes. Combine egg, sugar, salt, fortified milk. Add to cooked rice and mix well. Continue cooking over low heat for 5 minutes until mixture thickens. Remove from heat. Stir in vanilla and raisins.

Yield: 500 mL (2 cups). 270 Calories and 6.5 grams protein per 125 mL (1/2 cup) serving.
**Peach softy**

- 375 mL (1 1/2 cup) fortified milk
- 500 mL (2 cups) canned peaches (mashed with a fork or blenderized)
- 30 mL (2 Tbsp) brown sugar
- 30 mL (2 Tbsp) cornstarch
- 2 eggs, beaten

Mix the fortified milk and peaches in a bowl. Combine the brown sugar and cornstarch in a cup; stir it into the eggs. Combine this mixture and milk in a saucepan. Cook over low heat, stirring for 10 minutes or until thickened. Cool.

Yield: 1 litre (4 cups). 220 Calories and 15 grams protein per 250 mL (1 cup) serving.

**Strawberry whip**

- 125 mL (1/2 cup) cottage cheese
- 250 mL (1 cup) vanilla ice cream
- 250 mL (1 cup) red gelatin (Jell-O)
- 80 mL (1/3 cup) powdered skim milk

Combine all ingredients in blender. Mix until smooth. Divide into 4 servings. Refrigerate for 12 hours to set.

Yield: 4 servings. 165 Calories and 9 grams protein per 150 mL (2/3 cup) serving.
High calorie high protein drinks

Saucy buttermilk:
Blend
- 125 mL (1/2 cup) applesauce
- 250 mL (1 cup) buttermilk
- 15 mL (1 Tbsp) sugar

Fruit yogurt shake:
Blend
- 125 mL (1/2 cup) concentrated frozen orange
  or grape juice
- 125 mL (1/2 cup) plain yogurt

Fruit float:
Blend
- 125 mL (1/2 cup) fortified milk
  1 scoop ice cream
- 1/2 jar baby fruit or 125 mL (1/2 cup) canned fruit
  blended

Fruit fizz:
Blend
- 125 mL (1/2 cup) ginger ale
  1 scoop ice cream
- 1/2 jar baby fruit or 125 mL (1/2 cup) canned fruit
  blended
**Banana drink:**

Blend
- 125 mL (1/2 cup) fortified milk
- 15 mL (1 Tbsp) sugar
- 5 mL (1 tsp) vanilla
- 1/2 banana

**Prune nog:**

Blend
- 250 mL (1 cup) prune juice
- 50 mL (1/4 cup) skim milk powder

**Milkshake:**

Blend
- 125 mL (1/2 cup) fortified milk
- 1 scoop ice cream
- Vanilla extract or other

**Instant breakfast:**

Blend
- 1 envelope Carnation Instant Breakfast®
- 250 mL (1 cup) fortified milk