

DIET AND NUTRITION: High-Protein, High-Calorie Diet

To help maintain your weight, gain weight, improve your body's protein (stores), or a combination of these, it is recommended that you try to incorporate the following dietary recommendations into your daily eating plan.

HELPFUL HINTS

- Add whole or 2% milk to prepare hot cereals, soups, hot chocolate, and puddings.
- Have high-calorie snacks to munch on, such as dried fruit, nuts, cheeses, peanut butter, and crackers.
- Eat high-calorie desserts, such as ice cream, regular yogurt, milkshakes, puddings, and candies.
- Add cheeses to salads, vegetables, omelets, soups, noodles, sauces, and casseroles.
- Add extra butter and regular margarine to vegetables, soups, rice, pasta, cooked cereals, and potatoes.
- Use regular mayonnaise, salad dressings, and sour cream.
- Use more syrups, sugar, jellies, jams, and honey.
- Choose canned fruit with heavy syrup.
- Choose frozen vegetables and entrees with sauces, creams, and gravies.
- Add hard-boiled eggs to soups, salads, and sandwiches.
- Make double-strength milk by adding 1 cup of dry milk powder to 1 quart of whole or 2% milk to use in recipes and for drinking.
- Add peanut butter to plain crackers, breads, celery, and fruit slices.
- Add milkshakes and instant breakfast mixes to daily meals. Discuss possibility of commercially available nutritional beverages.
- Add nuts, seeds, and wheat germ to cereals, salads, fruit, yogurt, and ice cream.

- Add chopped-up or ground meat to soups and casseroles.
- Smaller, more frequent meals may help meet calorie needs when large portions or multiple varieties of foods cannot be eaten at one time.
- Plan daily meals in advance to help ensure availability of foods at hand.
- Keep track of daily intake, and include time and amount consumed.

SAMPLE MENU

Breakfast

Cooked cereal with fortified milk

Grape juice

Blueberry muffin with margarine

Coffee or tea with milk and sugar or honey

Snack

Yogurt with added dry fruit and granola cereal

Instant breakfast drink

Lunch

Deviled eggs

Turkey sandwich with mayonnaise, lettuce, tomatoes, and cheese

Apple

Milkshake

Snack

Pound cake with strawberries

Coffee or tea with sugar or honey and milk

Dinner

Bread sticks

Pizza with meat and vegetables

Chocolate milk

Snack

Cheese and crackers

Milkshake or liquid yogurt