

## High Calorie and High Protein Diet to Maintain or Gain Weight

Losing weight and muscle mass is a major concern for many people.<sup>1</sup> Getting enough protein and calories is essential in order to prevent that from happening. Below are some tips on ways to get more calories and protein into your diet.

It is also recommended to exercise to build up that muscle. However, always discuss with your medical team before starting an exercise program.

### Some helpful ideas to get the most calories and protein in your diet

- Eat small frequent meals (5-6 meals per day)
- Drink liquids between meals, not with, to allow room for nutrient dense foods
- Eat larger portions of fish, poultry, eggs, milk, yogurt, cheese and beans
- Prepare canned soups with milk, not water

The amount of extra calories and protein you need will be determined by the dietitian based on your weight and your current needs.

### Here are some tips to add extra protein:<sup>1</sup>

| <b>Food to Add to your meals</b>   | <b>Protein</b> | <b>Calories</b> | <b>Ways or foods to add it to</b>  |
|--|----------------|-----------------|--|
| 1 cup chopped or shredded chicken  | 35g            | 206             | Scrambled eggs, omelets, salads, casseroles. Can be used with most meals   |
| 1 cup 1% milkfat cottage cheese  | 28g            | 164             | Salads, vegetables, pasta, soups, casseroles, tacos, burritos, toast, fruit salad, smoothies   |
| 6 oz Greek yogurt,   | 17g            | 140             | Fruit salad, smoothies, parfaits. Plain can also be used as substitute for sour cream  |
| 1 cup beans (boiled black, navy, kidney)                                 | 15g            | ~225            | Salads, stews, soups, pastas   |
| ½ cup nonfat dry milk  | 12g            | 122             | Casseroles, meatloaf, macaroni, meatballs, mashed potatoes, hot cereals<br>Tip: Fortify your milk by adding several tablespoons of dry milk and stirring until dissolved |
| ½ cup tofu (soy)   | 10g            | 94              | Stir-fry, smoothies, salads, soups   |
| 2 tbsp peanut butter or soy nut butter                                   | 8g             | 188             | Smoothies, toast, oatmeal, sauces, sandwiches  |
| 1 hardboiled egg   | 6g             | 78              | Tuna, potato salad, cooked seafood, vegetables, salads, soup, rice, stir-fry   |
| 1 oz grated cheese (nonfat has higher protein content), or cheese chunks | 7g             | 100             | Sauces, soups, omelets, baked potatoes, salads, sandwiches, steamed vegetables   |

<sup>1</sup> High-Calorie/High-Protein Diet. Lucile Salter Packard Hospital <http://www.lpch.org/DiseaseHealthInfo/HealthLibrary/oncology/hchpd.html>

**Here are some tips to add extra Calories:**

| <b>Food to Add to your meals</b>   | <b>Calories</b> | <b>Protein</b> | <b>Ways or foods to add it to</b>  |
|--|-----------------|----------------|--|
| 2 tbsp peanut butter or soy nut butter                                   | 188             | 8g             | Smoothies, toast, oatmeal, sauces, sandwiches                                  |
| 1 packet of Carnation® Instant Breakfast™ (36g)                          | 130             | 5g             | Milkshakes, smoothies, breakfast cereals, pudding                              |
| 1 tbsp olive oil   | 119             | 0g             | Salads, breads, soups, smoothies, sauces, fish, casseroles, baked goods        |
| ¼ cup sour cream   | 111             | 1g             | Add to sauces, potatoes, dips, baked goods, casseroles                         |
| 1 oz grated cheese (nonfat has higher protein content), or cheese chunks | 100             | 7g             | Sauces, soups, omelets, baked potatoes, salads, sandwiches, steamed vegetables |
| 1/5 of an avocado  | 50              | 0g             | Smoothies, salads, dips, bread, sandwiches                                     |
| 1 tbsp wheat germ  | 25              | 2g             | Hot cereals, meat dishes, casseroles, creamed soups, smoothies                 |

**Oral Supplemental Drinks and Products to Consider**

| <b>Name</b>                 | <b>Serving Size</b> | <b>Calories</b> | <b>Protein</b> |
|-----------------------------|---------------------|-----------------|----------------|
| Enu®                        | 11oz                | 450             | 23g            |
| Nutrament®                  | 12oz                | 360             | 16g            |
| Boost Plus®                 | 8oz                 | 360             | 14g            |
| Boost High Protein®         | 8oz                 | 240             | 15g            |
| Boost Original®             | 8oz                 | 240             | 10g            |
| Boost Compact®              | 4oz                 | 240             | 10g            |
| Boost Simply Complete®      | 8oz                 | 190             | 10g            |
| Ensure Enlive®              | 8oz                 | 350             | 20g            |
| Ensure Plus®                | 8oz                 | 350             | 13g            |
| Ensure Compact®             | 4oz                 | 220             | 9g             |
| Ensure Original®            | 8oz                 | 220             | 9g             |
| Ensure High Protein®        | 8oz                 | 160             | 16g            |
| Orgain® Organic Shake       | 11oz                | 250             | 16g            |
| Orgain® Organic Vegan Shake | 11oz                | 220             | 16g            |
| Benecalorie®                | 1.5oz               | 330             | 7g             |
| Beneprotein®                | 0.25oz              | 25              | 6g             |
| Glucerna Advance® *         | 8oz                 | 200             | 10g            |
| Boost Glucose Control® *    | 8oz                 | 190             | 16g            |
| Glucerna Shake® *           | 8oz                 | 190             | 10g            |

*\*Made for people have diabetes or high blood sugar*

## Recipes for High Protein, High Calorie Smoothies

For the following recipes, place all ingredients in a blender (with an optional cup of ice), cover and blend on high speed until mixed well. Store unused drinks in the refrigerator or freezer and take sips or spoonfuls as able throughout the day.

### **Peanut Butter Banana Smoothie**

1 medium banana  
2 Tablespoon peanut butter  
1 cup Greek Yogurt, nonfat, plain  
1 cup milk (1%)  
(~560 calories, 37g protein, 64g carbs)

### **Banana Oat Smoothie**

½ banana  
½ cup cooked oats  
1 cup almond milk, sweetened  
1 cup soft tofu  
(~425 calories, 18g protein, 33g carbs)

### **Avocado Mango Smoothie**

½ cup avocado  
1 cup mango  
1 cup milk (1%)  
(~320 calories, 12g protein, 44g carbs)

### **Chai Soymilk Smoothie**

1 cup chai flavored soymilk  
¼ cup white beans  
(~260 calories, 11g protein, 33g carbs)

### **Apple Peanut Butter Smoothie**

2 Tablespoon peanut butter  
1 medium apple, cored and sliced  
1 cup Greek Yogurt, nonfat, plain  
1 cup crushed ice  
(~450 calories, 28g protein, 50g carbs)

### **Pumpkin Spiced Smoothie**

½ cup pumpkin puree  
1 cup soft tofu  
½ cup vanilla ice cream  
¼ tsp cinnamon  
(~400 calories, 20g protein, 30g carbs)

### **Sunflower Seed Butter Peach Smoothie**

¼ cup pumpkin seeds  
1 medium peach  
2 Tablespoon sunflower seed butter  
1 cup Greek Yogurt, nonfat, plain  
1 cup crushed ice  
(~560 calories, 30g protein, 50g carbs)

### **Kale Pineapple Smoothie**

1 cup kale, chopped  
1 cup pineapple  
1 cup Greek Yogurt, nonfat, plain  
1 cup crushed ice  
(~360 calories, 24g protein, 37g carbs)

### **Double Strength Milk**

4 cups of whole milk  
10 tablespoons dry skim milk powder  
(1 cup = about 200 calories, 13 grams protein)

\* Should be used within 48 hours

### **Double Strength Skim Milk**

4 cups skim milk  
 $\frac{3}{4}$  cup dry skim milk powder  
(1 cup = about 164 calories, 16 grams protein, 24g sugar)

### **Basic Milkshake**

1 cup of whole milk or 'double strength milk'  
1 cup of ice cream  
(About 580 calories and 20g protein when made with 'double strength milk')

### **Yogurt Shake**

7 ounces of plain, Greek yogurt  
2 cups of ice cream  
4 ounces of whole milk or 'double strength milk'  
(About 1000 calories, 38 grams of protein)

### **No Added Sugar Shake**

1 cup of "Double Strength Milk"  
14 ounces of plain, Greek yogurt  
1 frozen banana  
1 cup frozen blueberries  
1 tablespoon of canola or olive oil  
1 tablespoon wheat germ  
 $\frac{1}{4}$  -  $\frac{1}{2}$  cup ice  
(About 920 calories, 54 grams of protein)

### **Dairy-Free Shake**

8 ounces of unsweetened coconut milk, oat milk, soy milk, rice milk or almond milk\*  
2 cups of any flavor of dairy free ice cream (soy or coconut are good options)  
1 tablespoon of canola or olive oil  
1 tablespoon agave syrup (or to taste)  
1 teaspoon of vanilla extract  
(About 1280 calories, 14 grams of protein\*\* when made with unsweetened coconut milk)

\*The calories vary greatly between these types of milk. I recommend coconut milk because it is the highest in calories and contains a healthy type of fat. If you do not like coconut milk, try one of the others.

\*\*To increase the protein content of this shake add a dairy free protein powder such as pasteurized egg white powder and soy or pea protein powder.

### **'Creamsicle' Shake**

1 cup sherbet  
1 cup vanilla ice cream  
 $\frac{1}{2}$  cup whole milk  
(About 630 calories, 13 grams of protein)  
This type of shake is also excellent made with different flavors of sorbet and ice cream. Raspberry sorbet pairs nicely with vanilla or chocolate ice cream depending on flavor preferences. This shake is also easily made 'dairy free' with substitutions of the milk and ice cream for dairy free versions, and can have protein increased with protein powders. (see 'smoothie additives' )

### **Carnation Instant Breakfast® Shake**

1 cup of whole milk

1 packet of Carnation Instant Breakfast®

1 cup ice cream

(About 660 calories, 20 grams of protein)

### **Milky Chocolate Shake**

1 cup vanilla ice cream

1 cup whole milk or 'double strength milk'

1 packet hot chocolate mix

(About 690 calories, 22 grams of protein when made with double strength milk)

### **Blueberry Power Smoothie**

2 cups frozen blueberries

2 tablespoons ground flax seeds

½ cup tofu

½ cup liquid base (milk, juice, etc.)

(About 370 calories, 17 grams of protein when made with milk)

### **Mixed Berry Smoothie**

½ cup frozen blueberries

½ cup frozen strawberries

½ cup frozen raspberries

2 tablespoons ground flax seeds

7 ounces Greek plain yogurt

1 tablespoon honey or to taste

(About 430 calories, 14 grams of protein)

### **PB & Banana Smoothie**

¼ cup soft tofu

1 cup canned coconut milk

1 small banana, frozen

3 tbsp peanut butter

1 tbsp honey or agave nectar

(About 829 calories, 21 grams of protein)

### **Avocado Shake**

1 cup fortified soy milk

1 avocado, peeled and seed taken out

1 cup ice, crushed

1 tbsp honey or agave nectar

(532 calories, 13 grams of protein)

### **Boost® VHC Shake**

1 cup Boost® VHC

4 ounces plain yogurt

½ cup ice cream

(673 calories, 29 grams of protein)

### **Low Sugar Boost® VHC Shake**

4oz Boost® VHC

½ cup No Sugar Added ice cream

2 tablespoons creamy nut butter

1 packet Beneprotein

½ cup crushed ice

(About 585 calories, 27grams of protein, 15g sugar)

### **Non Dairy, MCT oil Shake**

8oz coconut milk

½ cup strawberry rice milk ice cream

3 scoops Beneprotein

1 tbsp coconut oil

¼ cup crushed ice

(About 442 calories, 18g protein)