

High-Calorie, High-Protein Diet

Why follow a high-calorie, high-protein diet?

You may be experiencing problems eating because of loss of appetite or nausea. Or you may simply need to gain weight to help your body heal. The following suggestions are provided to help you add more calories and protein to your eating plan.

Dietitian name
Phone number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO KEEP IN MIND

- Stock your pantry with your favorite foods.
- Eat smaller meals and snacks every couple of hours.
- Blend instant breakfast into beverages to boost calories and protein.
- Talk to a registered dietitian about commercial supplements that are high in calories and protein.

NOTES:

SAMPLE MENU FOR A HIGH-CALORIE, HIGH-PROTEIN DIET

BREAKFAST

Orange juice (¼ cup)
Whole-grain cereal with
dried fruit (1 cup)
Wheat toast (1 slice) with
margarine (1 tsp) and
jelly (1 tsp)
Whole milk* (1 cup)

SNACK

Peanut butter (2 tbsp)
Crackers (4)

LUNCH

Cream soup (1 cup)
Hamburger (3 oz) on bun
American cheese (1 slice)
Mayonnaise (½ tbsp)
Fresh fruit salad (1 cup) with
yogurt
Fruit juice (¾ cup)

SNACK

Milkshake* with added fruit
Chocolate-covered graham
crackers (4)

DINNER

Breaded chicken breast (3 oz)
Baked potato (1) with
margarine (1 tbsp) and
sour cream (4 tbsp)
Green beans (½ cup)
Chocolate pudding
Whole milk* (1 cup)

* Drink double-strength milk whenever possible. Blend whole milk with fat-free powdered milk. Use 1 cup of powder for each quart of milk. Blend well and chill.

Food Categories	Foods Recommended	Tips
BREADS, CEREALS, RICE, AND PASTA 6–11 servings each day		
<p>Serving size = 1 slice bread, 1 oz ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta; ½ bun, bagel, or English muffin; 1 small roll, biscuit, or muffin; 3–4 small or 2 large crackers; 1 6-inch tortilla</p>	<p>All; try whole-grain breads, muffins, croissants, crescent rolls, waffles, pancakes, and granola cereal</p>	<p>Top breads, pancakes, and waffles with extra margarine, jams, cream cheese, dried fruits, nuts, and syrups. Spread peanut butter on crackers, bread, french toast, and waffles. Prepare pasta and rice dishes with cream or cheese sauces.</p>
VEGETABLES 3–5 servings each day		
<p>Serving size = 1 cup raw leafy, ½ cup cooked or chopped raw, ¼ cup vegetable juice</p>	<p>All Vegetable juices</p>	<p>Add avocado slices or guacamole to salads and sandwiches. Prepare vegetables au gratin, buttered, or creamed. Stuff fruits and vegetables with cottage cheese or ricotta cheese.</p>
FRUITS 2–4 servings		
<p>Serving size = 1 medium, ½ cup chopped, cooked, or canned, ¾ cup juice, ¼ cup dried</p>	<p>All fresh, dried, or canned in syrup Fruit juices</p>	<p>Blend or whip ice cream or cream with fruit. Select canned fruit with added sugar or canned in syrup. Sweeten fruit with sugar or honey.</p>
MILK, YOGURT, AND CHEESE 2–3 servings each day		
<p>Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, 2 oz processed cheese</p>	<p>All, especially whole milk and milk products, full-fat cheeses</p>	<p>Stir powdered milk into soups, sauces, egg dishes, and casseroles. Substitute cream for milk in any recipe. Melt cheese on eggs, fish, hamburgers, and sandwiches.</p>
MEATS, POULTRY, FISH, DRIED BEANS AND PEAS, EGGS, AND NUTS 2–3 servings each day		
<p>Serving size = 2–3 oz cooked lean meat, poultry, or fish; count 1 egg, ½ cup cooked dried beans, 2 tbsp peanut butter, or ¼ cup nuts as 1 oz of meat</p>	<p>All beef, pork, lamb, veal, poultry, fish Eggs Dried peas and beans Peanut butter</p>	<p>Pack more protein in your food by adding extra chopped meat, shredded cheese, hard-cooked eggs, and egg substitutes to soups, sauces, vegetables, and casseroles. Mix cooked or canned beans into casseroles, rice dishes, pasta, or salad. Add tofu to soups and cheesecake.</p>
FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES		
	<p>All kinds of fats: margarine, butter, whipped cream, gravy, cream cheese, salad dressings Jams, jellies, sugar, honey, syrups, candy Cakes, cookies, pies, pudding, custard, ice cream</p>	<p>Add more flavor to your food with herbs and spices, mustard, and lemon. Keep snacks handy like granola, pudding cups, ice cream, and cookies. Boost calories by adding margarine, sour cream, and other fats to food whenever possible.</p>