



High Calorie, High Protein Diet

A New Twist to the Food Guide Pyramid

Patient and Family Education

This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.

Why is the high calorie, high protein diet important?

A high calorie, high protein diet can help:

- With weight gain
- With wound healing
- Restore protein in the body

Foods that contain extra calories tend to be more filling. You may need to eat 6 smaller meals instead of the usual 3 meals-a-day.

Should I limit fats in my diet?

Do not limit fats in your diet.

- Fats have the most calories of any foods, so use them often.
- Add butter or margarine, mayonnaise, salad dressing, cooking oil and gravy to most of the foods you eat.

What can I do to milk and milk products to give them more calories and protein?

Some ideas to give milk more calories include:

- Add powdered skim milk, chocolate syrup or Carnation Instant Breakfast to whole milk.
- Use half-and-half, cream or evaporated milk in place of whole milk or water.
- Put granola, nuts, fruits or chocolate syrup on ice cream or frozen yogurt.
- Serve other high calorie, high protein foods often, such as:
 - Pudding
 - Cocoa
 - Milkshakes
 - Cream soup
 - Anything with cheese
 - Ice cream
 - Yogurt
 - Smoothies

What about protein foods?

Meat, fish, seafood and meat substitutes are good sources of protein, so eat them often. Other ideas include:

- Add eggs to pancake batter and French toast
- Put ham and cheese in eggs and omelets
- Add peanut butter to crackers, bread and milkshakes
- Put nuts and cheese on everything
- Fry meats and meat substitutes in oil

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

High Calorie, High Protein Diet, continued

Aren't vegetables for people on diets?

Vegetables have lots of vitamins and minerals, but most are low in calories. Boost up calories by:

- Adding butter, sour cream, and cheese when you cook the veggies
- Eating raw veggies with your favorite dip, such as Ranch dressing
- Serving them with sauces

What can I do with fruits?

Fruits are another good source of vitamins and minerals.

- Add them to yogurt, shakes and smoothies, ice cream and pudding
- Make Jell-O using juice in place of water
- Add honey to fruit or fruit juice
- Add dried fruits to cereal, muffins, cookies and yogurt
- Eat fresh fruits with fruit dip or dip in chocolate sauce

How can I increase calories and protein in breads and starches?

To increase calories and protein in breads and starches:

- Add milk, juice, or brown sugar to hot cereals
- Use high protein noodles
- Use bread crumbs or flour to coat meat and vegetables
- Serve desserts
- Use butter, jams and jellies on toast, muffins and biscuits
- Load baked potatoes with butter, sour cream, and toppings such as cheese and bacon bits
- Dip breads in olive oil and sprinkle with Parmesan cheese

What about when I eat out?

- Choose foods from the menu or buffet that are high in calories and protein
- Add butter, cheese, mayonnaise to anything and everything
- Eat raw veggies with your favorite dip, such as Ranch dressing.
- Use regular salad dressings
- Order dessert with your meal

What else do I need to know?

- There may be times when you cannot eat enough or when you do not feel like eating. If this happens, drink milkshakes and commercial supplements such as PediaSure, Carnation Instant Breakfast and Boost.
- Foods containing extra calories tend to be more filling. Eat 6 smaller meals instead of the usual 3.

Talk with your nutritionist if you have any questions about adding calories and protein to your diet.

|
n case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.