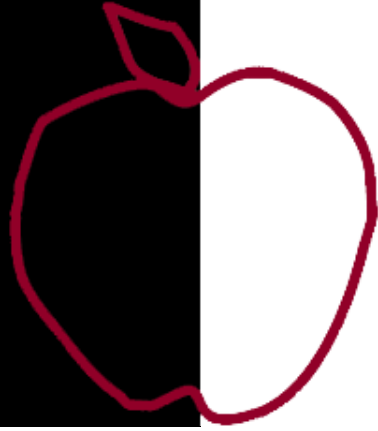


HIGH-PROTEIN HIGH-CALORIE HINTS



Everyone needs good nutrition. However, nutrition becomes even more important during times of illness.

The stress caused by an illness may deplete the body of calorie and protein stores. At the same time, your body may require more food to perform its day to day functions. For such conditions, follow a high-protein, high-calorie diet. Protein is needed to maintain and repair body tissues. Calories are needed for energy and to help spare protein from being used as the main source of calories.

TIPS TO INCREASE YOUR FOOD INTAKE

- Eat smaller meals, more often, preferably five or six meals daily.
- Keep nutritious snacks handy.
- Make mealtime a pleasant place – flowers on the table, play soft music. Invite family or friends to eat with you.
- Make every calorie count. Instead of drinking water, drink whole milk or fruit juice. Do not fill up on coffee or unsweetened tea.
- Drink fluids between meals instead of with meals. Fluids with meals can make you feel full.
- Take advantage of when you feel hunger. If you are hungrier in the morning, make breakfast your biggest meal.
- Vary the colors and shapes of your food. Garnish.

IDEAS FOR ADDING PROTEIN AND CALORIES

- Keep snacks handy, such as cheese cubes, dried fruit, ice cream, yogurt, nuts and sunflower seeds.
- To add protein, add one tablespoon of dry milk powder to each cup of milk, soup, mashed potatoes, or cooked cereals.
- For more calories, add a whipped topping to cocoa, baked goods, gelatin, pudding, fruit pancakes, and waffles.
- Melt cheese on sandwiches, bread, muffins, vegetables, and casseroles. Sprinkle grated cheese on soups and salads. (NOTE: Fast melting cheese, such as American, takes only 10 seconds in your microwave.)



IDEAS FOR ADDING PROTEIN AND CALORIES (CONTINUED)

- Add peanut butter to toast or crackers.
- Keep hard-cooked eggs in the refrigerator. Chop and add to salads, casseroles, soups, and vegetables.
- To boost calories, add ice cream or frozen yogurt to ginger ale or milk drinks. Increase protein and vitamins by adding an Instant Breakfast drink powder to milkshakes.
- Add yogurt to cereal, fruits, gelatin desserts, and pies.
- A small amount of fat can add many calories. Fried foods, butter, margarine, mayonnaise and salad dressing are good sources of fat. Use regular, not low-fat or diet, mayonnaise and salad dressing on sandwiches and in dips for vegetables and fruits.

Liquid nutrition supplements are a convenient way to increase calories and protein. If you cannot tolerate milk, you may wish to purchase a supplement. These products usually cost more than a fortified beverage powder, such as Instant Breakfast, that can be added to whole milk.

Ask a Registered Dietitian if these products may be helpful to you.

HELPING YOUR APPETITE

Often your taste changes when you are ill or take certain medicines. To enhance the flavor of your foods:

- Marinate and cook foods in sweet juices, fruits, teriyaki sauce, soy sauce, or wine.
- Baste grilled or roasted meats with salad dressings or barbecue sauce.
- Try tangy foods, such as lemonade, oranges or fruit flavored sourballs.
- Fish, egg and cheese main dishes may taste better than beef or pork main dishes.
- Serve meat with sweet fruit sauce. Add a glaze to baked, broiled or roasted chicken, pork chops, etc.
- Serve foods cold. Hot foods produce strong smells and flavors.
- If taking a liquid supplement, drink from a straw or use a child's covered drinking cup if odor is a problem.

PEANUT BUTTER MILKSHAKE

½ cup	Half & Half
3 Tbsp	Smooth peanut butter
3 Tbsp	Chocolate syrup
½ cup	Vanilla ice cream

Place ingredients in blender and mix until smooth.

Calories: 760

Protein: 20 grams

SAMPLE MENU (3 SMALL MEALS & 3 SNACKS)

BREAKFAST

Orange juice
Scrambled eggs
Bagel with cream cheese
Milk

MID-MORNING SNACK

Cheese and crackers
Fruit juice

LUNCH

Soup
Half sandwich with mayonnaise
Salad with dressing
Ice cream

AFTERNOON SNACK

Cookies and milk

DINNER

Glazed baked chicken
Mashed potatoes with gravy
Glazed carrots
Fruited gelatin
Roll with margarine

EVENING SNACK

Cereal and milk
Banana