

## Increasing Your Calorie and Protein Intake

### Why this Diet is Important

This diet will help you eat more calories and protein. If you find it hard to eat enough food at one time, choosing high calorie, high protein foods can help. This information is also useful for anyone who wants to gain weight or increase their intake. The extra protein will help build, maintain and repair your body. The foods listed below can help you increase your calorie and protein intake. Try to include a variety of foods from **Eating Well with Canada's Food Guide** <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.

### Foods to Increase Calories and/or Protein

- Full-fat Cheese, Cream Cheese
- Whole Milk, Milk Powder, Cream, Full-fat Sour Cream , Soy Beverage
- Eggs
- Ice Cream, Full-fat Yogurt
- Meat, Poultry, Fish and Tofu
- Beans, Peas and Lentils
- Nuts, Seeds, Peanut Butter, Nut Butters
- Gravy, Sauces
- Non-hydrogenated Margarine, Oil, Butter
- Full-fat Salad Dressings, Mayonnaise
- Dried Fruit
- Nuts, Seeds
- Peanut Butter, Nut Butters
- Jam, Jelly, Syrups, Molasses, Honey, Sugar

Note: Nuts are not a good choice for people who are at risk of choking.



### Steps to Increase Calorie and Protein Intake

- Eat or drink frequently. Try to eat or drink every two to three hours.
- Eat larger meals and snacks if you can.

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- Choose high calorie, high protein foods as part of every meal and snack.
- Choose juice, milk or milkshakes instead of low calorie fluids like water, tea, broth or coffee.
- Try high calorie milk. Add ¼ cup (4 tbsp) of powdered milk to 1 glass of whole milk.
- Drink fluids at the end of meals or snacks. Fluids can fill you up.
- Try adding nutritional supplements to meals and snacks. You can find these in the pharmacy or pharmacy section of your grocery store.
- Make cooking easy. If you are tired, ask friends and family members help you make meals.
- Have ready-made frozen meals on hand.
- Make sure you have leftovers. Prepare more than you need for your meal or snack.
- Have prepared snacks on hand (e.g. pudding, yogurt, granola bars, protein bars, nuts, seeds, and cheese and crackers).
- Use energy bars and meal replacement drinks when traveling. Eat or drink these foods as part of your meals or snacks.
- Mix high calorie and high protein foods together for a high energy trail mix. Try mixing together dried fruit, nuts, seeds and granola.
- Avoid reduced-sugar and reduced-fat foods such as foods labelled “light”, “low fat”, “fat free” or “sugar-free”.

## Notes



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