

High-Calorie, High-Protein Diet



Let's learn about it

Your healthcare provider may suggest eating foods with more calories and protein. This diet can help you:

- Heal faster and prevent infection.
- Rebuild muscle.
- Gain weight or stop losing weight.

This diet may be suggested if you are in cancer treatment or recovery, or had an illness, burn, infection or surgery. A healthcare provider should help with diet changes for people with a chronic condition like heart or kidney disease.

Eating high calorie means eating foods that give you lots of energy. Maktaaq (raw or cooked), fat from sea animals and fish, organ meats, aged fat, marrow, tongue and fried bannock are very high in calories.

Eating high protein means eating foods that build muscle. Meat from animals and fish are very high in protein.

Let's learn what to do

- ✓ **Country foods are a good choice**
 - Snack on country foods as much as possible.
 - Try eating char with foods you don't usually like to make them taste better.
- ✓ **Drink fluids between meals**
 - Fluids fill you up making you eat less during a meal.
- ✓ **Eat every 2-3 hours and before bed**

- ✓ **Choose high protein meat and fish**

- Choose meats that look more like muscle: beef, chicken, turkey, pork and fish.
- Limit processed meats:

Nutrition tips



Date _____ Name _____

Healthcare Provider (Name) _____

How to add more calories and protein to foods



Grain products

- Spread extra non-hydrogenated margarine on bread, buns, crackers, bannock.
- Spread jam, jelly, molasses or honey on bread, bagels, bannock.
- Choose cereals with nuts and dried fruit.
- Add granola or wheat germ to hot or cold cereal, yogurt, ice cream or pudding.
- Add wheat germ to raw meat when making meatballs or meatloaf.



Vegetables and fruit

- Dip fresh vegetables into creamy dressing or hummus.
- Choose canned fruit with syrup.
- Add fresh, dried, canned or frozen fruit to cereal, yogurt, baked goods, ice cream and smoothies.



Milk and alternatives*

- Use whole milk.
- Add 2-4 tablespoons of milk powder to: tea, coffee, hot chocolate, milkshakes, smoothies, baked goods, soups, sauces, puddings.
- Put cheese on hamburgers, crackers, sandwiches, scrambled eggs.
- Use ice cream in smoothies.
- Add cheese and cream to soups, sauces, casseroles, mashed potatoes.
- Top vegetables and pasta with shredded cheese and cream sauce.
- Use sour cream in pasta salad or with potatoes.



Meat and alternatives

- Eat meat or alternatives with every meal and snack.
- Add cooked meat or boiled eggs to salad, pasta, rice, potatoes.
- Add beans to soups, stews, chili.
- Add an extra egg to baked goods, meatballs or meatloaf.
- Snack on unsalted nuts and seeds.
- Spread peanut butter on pancakes, waffles, toast and fruit.
- Mix peanut butter into milkshakes, yogurt and hot cereal.



Others

- Add oil or animal drippings to gravy.
- Add sugar, honey, molasses or maple syrup to hot or cold cereals, pancakes and fruit.
- Add extra non-hydrogenated margarine or oil to foods.
- Add mayonnaise to salads, dips, salad dressings, sauces, sandwiches.
- Ask your nurse, doctor or dietitian about energy bars and meal replacement drinks.

