

TIPS FOR INCREASING PROTEIN AND CALORIES

It is important to eat regularly each day, even if your appetite is low. If it is difficult to eat consistently, consuming high calorie, high protein meals and snacks can help prevent weight loss.

Eat at Least 6 Meals or Snacks Each Day

- ◇ Use high calorie drinks like shakes or smoothies in place of meals as needed.
- ◇ Eating snacks like seeds, chips and dip, cheese and crackers, trail mix or granola bars are an easy way to add protein and calories to your diet.

Increase Your Fats

- ◇ Consume more peanut butter, avocados, or salad dressing than usual — healthy fats and oils have more calories than carbohydrate- or protein-rich sources.
- ◇ Adding just a tablespoon of oil, such as olive oil, to meals gives you an extra 100 calories!

Calorie Adjustments

- ◇ Most fruits and vegetables are low in calories or protein. Adding higher calorie choices such as whole grain breads or pastas, cheese, oils, eggs, beans, and nuts can help increase your intake.
- ◇ Choose high starch vegetables such as peas, corn, and potatoes more often.

High Protein Choices

- ◇ Add protein or dry milk powder to foods such as smoothies, soups, sauces, and mashed potatoes.
- ◇ Make sure to include milk, eggs, cheese, beans, soy, lentils, meat, fish, poultry, and high-protein vegetables such as broccoli or spinach to meet your protein needs.



Increasing your calories or protein can help speed recovery from illness or surgery, and increase strength and energy.

