

High Calorie and High Protein Ideas

Why should I follow a high calorie and high protein diet?

- To eat enough calories to prevent protein from being used as energy instead of tissue building
- To provide enough calories and protein to reach and maintain goal weight

General diet guidelines and tips:

- You don't always have to eat a lot, but try to eat often. Try eating 6 times a day, or every 2 to 3 hours.
- Watch the clock! Eat, even if you are not hungry.
- Drink fruit juice, milk, or other calorie-containing beverages instead of water.
- Double or triple the portion sizes of added fats and oils (butter, margarine, cream cheese, sour cream, and avocado).
- Try using liquid nutritional supplements (available in grocery stores and drug stores) between meals to increase your nutritional intake.

Cheese	<ul style="list-style-type: none"> • Melt on sandwiches, meats, fish, vegetables, and eggs. • Grate in sauces, casseroles, mashed potatoes, rice, pastas, and breads. • Stuff into vegetables and meatloaf • Spread cream cheese on sandwiches, sliced fruit, and crackers. • Mix cottage cheese in pastas, gelatins, pancake batter, and egg dishes.
Powdered Milk	<ul style="list-style-type: none"> • Blend 1 cup powdered milk into 1 quart whole milk to make it higher in protein and calories. • Add powder to meatloaf, casseroles, sauces, cream soups, and shakes.
Whole Milk/	<ul style="list-style-type: none"> • Add or substitute for water in food preparation.

Cream	<ul style="list-style-type: none"> • Serve cream sauces on vegetables, eggs, pastas, or rice. • Pour cream on cereals, fruits, desserts. • Top desserts, fruits, molded salads, and hot beverages with whipped cream.
Ice Cream/ Yogurt	<ul style="list-style-type: none"> • Spread between cookies, cake slices, or graham crackers. • Blend into shakes, sodas. • Add to cereals, fruits, gelatins, desserts, and pies. • Top with fruit, nuts, syrups, sauces, whipped cream, and nut butters.
Eggs	<ul style="list-style-type: none"> • Top hard-cooked eggs on top of salads, vegetables, casseroles, soups, stews, pastas, and potatoes. • Add pasteurized egg substitute into mashed potatoes, vegetable purees, shakes, and malts. <p>*Do not consume raw eggs.</p>
Nuts/ Nut Butter	<ul style="list-style-type: none"> • Spread nut butters on sandwiches, toast, muffins, crackers, fruit slices, pancakes, and waffles. • Use as a dip for raw vegetables and fruit. • Add to meatloaf, cookies, bread, muffins, vegetables, and salads. • Blend nut butters with milk drinks, or swirl through ice cream and yogurt. • Top cookies or cakes with nut butters. • Serve nuts as snacks.
Meat/Fish	<ul style="list-style-type: none"> • Use in omelets, soufflés, quiches, sandwich fillings, poultry stuffing. • Add small pieces to vegetable salads, casseroles, coups, stuffed baked potatoes, and biscuit ingredients. • Wrap in pie crust or biscuit dough as turnovers.
Peas/Beans	<ul style="list-style-type: none"> • Add cooked dry peas and beans or tofu to soups, pastas, casseroles, and meat or milk-based dishes. • Mash with cheese and milk. • Add textured vegetable protein to burgers, meatloaf, spaghetti sauce, casseroles, or sandwich filling.

Snack Ideas

250 Calorie Snacks	350 Calorie Snacks
<ul style="list-style-type: none"> • 8 buttery style crackers, 1 ounce cheddar cheese, or 1 tablespoon peanut butter • ½ sandwich: 1 slice bread, 2 ounces cheese or meat, 1 teaspoon mayonnaise • Quesadilla: 1 tortilla, 2 ounces cheese, salsa • Whole apple (sliced) with 2 tablespoons peanut butter • 1 cup pudding or fruit yogurt • 1 slice pizza with extra cheese • 1 cup whole milk mixed with 1/3 cup dry skim milk powder • 8 ounce can 1 mL/kcal liquid nutritional supplement (250 calories per 8 ounce serving) 	<ul style="list-style-type: none"> • 10 buttery style crackers, 2 ounces cheddar cheese, or 2 tablespoons of peanut butter • ½ sandwich: 1 slice bread, 2 ounces meat or cheese, 2 teaspoons mayonnaise, 1 slice avocado • 1 tortilla, 2 ounces cheese, salsa, 1 cup orange juice • Whole banana with 2 tablespoons peanut butter • 1 envelope Carnation Breakfast Essentials® with whole milk • Shake made with 1 cup whole milk, ½ cup ice cream • 1 carton regular yogurt (not low fat), with 1/3 cup granola or trail mix • 8 ounce can of 1.5 calories/mL liquid nutritional supplement (350 calories per 8 ounce serving)

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