



Client's Name: _____

Date: _____

Registered Dietitian's Name: _____

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Increasing Protein and Calories

Poor appetite and weight loss are very common side effects that can occur while going through your treatment. Nutrition plays a very important role in your tolerance to treatment and over all well-being.

You may benefit from a high protein, high calorie diet during your treatment or recovery to maintain your strength and weight.

Protein is essential in building and repairing muscles, organs, skin, hair and bones. It also helps the body in fighting infection.

Helpful Hints to Increase Protein:

Food Item	Protein/Serving	Where to Use
Milk	8 grams/1 cup	<ul style="list-style-type: none"> • Add to cereal, coffee, smoothies, milkshakes, mashed potatoes • Use in baked goods, desserts, casseroles, egg dishes, cream soups, sauces • Add to Jello® instead of cold water
Fortified Soy Milk	7 grams/1 cup	<ul style="list-style-type: none"> • Use in place of dairy milk for intolerances/allergies
Cheese (cheddar, mozzarella, brie, camembert, goat etc)	7.5-15 grams/1.5 oz	<ul style="list-style-type: none"> • Add slices of cheese to fruit or crackers • Add to toast, breads muffins • Grate into vegetables, soups and sauces • Use in: <ul style="list-style-type: none"> ○ Sandwiches, burgers ○ Eggs (scrambled, omelets) ○ Casseroles ○ Potatoes, pasta, rice

Food Item	Protein/Serving	Where to Use
Cottage, Ricotta Cheese	15 grams/ ½ cup	<ul style="list-style-type: none"> • Mix with fruits and vegetables • Use in: <ul style="list-style-type: none"> ○ Pasta (manicotti, lasagna) ○ Cheese cake, puddings ○ Casseroles ○ Egg dishes (soufflés, quiche, scrambled eggs, omelets) • Add to pancakes crepes and waffles
Greek Yogurt	14-18grams/ ¾ cup	<ul style="list-style-type: none"> • Mix with fruits and desserts • Add to pancake or waffle mixes • Add to milk-based beverages & gelatin desserts • Stir into vegetable, casseroles and pasta dishes • Use as a snack or dessert • Make a parfait with granola and fruit
Regular Yogurt	6 grams/ ¾ cup	<ul style="list-style-type: none"> • Can be used same as Greek Yogurt
Skim Milk Powder	8 grams/ 1/3 cup	<ul style="list-style-type: none"> • High Protein Milk: <ul style="list-style-type: none"> ○ Dissolve 1 cup (250ml) of milk powder into 4 cups homogenized milk. Refrigerate. • Add to: <ul style="list-style-type: none"> ○ Hot cereals, scrambled eggs, milkshakes, eggnog, pudding mixes, yogurt, mashed potatoes ○ Gravy and cream soups ○ Casseroles ○ Recipes for baked goods
Peanut Butter	8 grams/ 2 Tbsp	<ul style="list-style-type: none"> • Spread on sandwiches, toast, muffins, crackers, waffles, pancakes, raw fruit and vegetable slices • Use in peanut butter cookies, squares, muffins, cakes, icings • Blend with milk drinks • Swirl through soft ice-cream & yogurt
Almond Butter	7 grams/ 2 Tbsp	<ul style="list-style-type: none"> • Can be used same as peanut butter

Food Item	Protein/Serving	Where to Use
Nuts/seeds	4-7grams/ 1 oz	<ul style="list-style-type: none"> • Add chopped or ground to yogurt, ice cream, puddings, cereals, muffins, pancakes, waffles, breads, cookies, casseroles, hamburgers, meatloaves, vegetable dishes, pasta dishes, salads, sandwich fillings • Snack on nuts between meals
Wheat Germ	13 grams/ ½ cup	<ul style="list-style-type: none"> • Replace flour when baking • Stir into oatmeal • Add to cereal or yogurt • Add to smoothies or milkshakes • Use in place of bread crumbs
Eggs	12 grams/ 2 eggs	<ul style="list-style-type: none"> • Add to salads, sandwiches, crackers
Meat, Fish, Poultry	16-20 grams/ 2.5 oz	<ul style="list-style-type: none"> • Add to soups, sauces, casseroles, omelets, quiches, stuffing, salads • Use as a sandwich filling
Legumes (Beans and Peas)	10-12grams/ ¾ cup	<ul style="list-style-type: none"> • Add cooked legumes to soups, casseroles, pasta and grain dishes (rice, barley) • Add to stir fries, chilli • Use hummus as a dip or sandwich spread
Tofu	20 grams/ 3 oz (150g)	<ul style="list-style-type: none"> • Can be used as a meat replacement in most recipes • Choose extra firm tofu to add to stir fries, casseroles, chilli, soups, curry • Choose silken tofu and add to smoothies, desserts, cream soups, sauces, egg dishes
Soy Beans	20 grams/ ¾ cup	<ul style="list-style-type: none"> • Eat as a snack • Add to stir fries, casseroles, salads, pasta dishes
Quinoa	4 grams/ ½ cup	<ul style="list-style-type: none"> • Use as a replacement for rice or pasta • Add to salads or casseroles • Use as a side dish for any meal

Nutritional Supplements

- Commercial nutritional supplements are rich in energy, proteins, vitamins and minerals. Your registered dietitian can assist you in determining the most suitable supplement for you.
- *Nestle Carnation Breakfast Essentials®* powder, when added to homogenized milk, is a very good source of protein and calories. It is available at most grocery stores. It can also be added to hot cereal or pudding mixes.

Easy Ways to Increase Protein Intake

Instead of...

Try...

Typical plain or fruit yogurt

=6g of protein
(175 mL or ~¾ cup)



Greek yogurt

=15 g of protein
(175 mL or ~¾ cup)

Sour cream

~1g protein
(15mL or 1 tbsp)



Ricotta cheese

=15g of protein
(125mL or ½ cup)

White Rice

=4g of protein
(1 cup, cooked)



Quinoa

=8g of protein
(1 cup, cooked)

Jell-O ® Pudding Cup

= 1g of protein
snack cup – ½ cup)



Instant Jell-O Pudding

(Made with 2 cups
of fortified milk) (1

= 6g protein
(½ cup)

Helpful Hints to Increase Calories:

- Eat every 2-3 hours, rather than waiting until you feel hungry
- Eat larger meals when you feel hungriest. For example, if you feel hungriest at breakfast, eat your largest meal then.
- Have prepared snacks available and on-hand (e.g., cheese and crackers, granola bars, yogurt)
- Drink juice, milk or milkshakes, as these offer more calories than plain water, tea or coffee
- Do not eat foods that are labelled “Low Calorie”, “Calorie-Reduced”, “Light” or “Lite”
- Make every mouthful count (e.g., add butter, peanut butter and jam to toast)

Food Item	Where to Use
Table Cream, Sour Cream, Whipped Cream	<ul style="list-style-type: none"> • Use in soups, sauces, egg dishes, vegetable and fruit dips, sauces, batters, pudding or custards • Put on cereals, gelatin desserts, fruit, pancakes, waffles • Mix in with pasta, rice, potatoes, meat loaf • Substitute for milk in recipes and hot beverages • Add whipped cream to hot chocolate
Butter, Margarine, Oil	<ul style="list-style-type: none"> • Add to potatoes, hot cereals, rice, noodles, cooked vegetables, eggs • Use for pan frying foods • Stir into sauces, gravy, soups, casseroles • Combine with herbs and seasonings and spread on meats, hamburgers, fish • Use melted on popcorn • Use as a dip for vegetables or seafood (e.g. lobster, crab, etc) • Spread on toast, muffins, bread, pancakes, waffles, French toast or crackers

Food Item	Where to Use
Ice Cream	<ul style="list-style-type: none"> • Add to smoothies or milkshakes • Eat as a snack • Top desserts or pastries
Avocado	<ul style="list-style-type: none"> • Add to salads, on top of casseroles, soup or chilli • Add to crackers, sandwiches, hamburgers, tacos use as a spread or dip for vegetables and breads
Cream Cheese	<ul style="list-style-type: none"> • Spread on sandwiches, bagels, muffins, crackers, fruit slices, vegetables • Roll into balls and coat with chopped nuts, wheat germ, granola and use as a dip or spread • Use in cheese cakes, vegetable and fruit dips, sauces
Mayonnaise	<ul style="list-style-type: none"> • Spread on sandwiches or crackers • Use in place of salad dressing • Use in potatoes, rice, and pasta salads • Use in sauces or vegetable dips • Use in devilled eggs
Dried Fruits (Raisins, figs, prunes, apples, dates, apricots)	<ul style="list-style-type: none"> • Soak, cook and serve for breakfast or as desserts or as a spread on toast • Add to muffins, cookies, cakes, bread, rice and grain dishes, cereals, puddings or stuffing
Granola	<ul style="list-style-type: none"> • Eat as a cereal • Use in cookies, muffins or bread batter • Sprinkle on fruit, yogurt, custards, ice cream, puddings • Use when making fruit crisps (e.g. apple crisp) or date squares • Use as a topping on cakes, breads
Honey, Jam, Syrups, Brown Sugar	<ul style="list-style-type: none"> • Add to cereals, milk drinks, fruit desserts, yogurt, ice cream • Use as a glaze for meats and poultry (e.g. ham, pork chops, chicken) • Spread on toast, muffins, breads or crackers • Pour over pancakes, waffles and French toast • Use as a dip for fruit

High Calorie, High Protein Recipes

Bread Pudding

½ cup sugar	125mL
½ tsp. cinnamon (omit if you have mouth sores)	2.5 mL
¼ tsp. salt	1 mL
2 eggs	2
4 cups high protein milk (recipe p. 2)	1 L
1 tsp. vanilla	5 mL
8 slices of bread cut in cubes	8
2 tbsp. melted butter	30 mL
½ cup of raisins (optional)	125 mL
½ cup pecans (optional)	125 mL
Ice cream (optional)_	

Mix sugar, cinnamon, and salt in a bowl. Beat in eggs. Add milk and vanilla. Stir in bread, raisins, pecans and butter. Pour into 9-inch (22.5 cm) square baking dish. Bake for 1 hour at 350°F (180°C). Top with a large scoop of ice cream.

Makes 9 servings.

490 calories, 15 grams of protein per serving

Power Milkshake

1 cup high protein milk	250 mL
1 generous scoop ice cream	1 scoop
1 tbsp honey	15mL
2 tbsp. chocolate syrup	30 mL
2 tbsp peanut butter	30 mL
½ Banana	

Measure all ingredients into a tall glass or blender. Stir or blend until well mixed.

Makes one serving.

960 calories, 31 grams protein per serving.

Pasta and Cheese Sauce

1 cup small shell pasta	250 mL
2 tbsp butter	30 mL
2 tbsp all-purpose flour	30 mL
1 ½ cups milk, high protein milk or half and half cream	375 mL
1 cup shredded cheddar cheese	250 mL
salt and pepper	

Cook pasta in boiling salted water until tender, about 7 to 8 minutes.

Meanwhile, in small heavy saucepan melt butter over low heat. Whisk in flour and cook for 2 minute. Gradually whisk in milk and cook until mixture comes to a boil and thickens. Stir in cheese until melted.

Drain pasta and stir into sauce. Season to taste with salt and pepper.

Makes 2 servings

Each serving provides 665 calories, 30 g protein (made with high protein milk)

Berry Warm & Nutty Cinnamon Quinoa Recipe

1 cup high protein milk	250 mL
1 cup water	250 mL
1 cup quinoa (well rinsed)	250 mL
1 cup frozen, thawed berries	250 mL
1 tsp ground cinnamon	5 mL
1 tsp grated fresh ginger	5 mL
2 tbsp wheat germ	30 mL
1/3 cup chopped nuts (optional)	83 mL
1/3 cup dried fruit	83 mL
2 tbsp flax seed	30 mL
4 tbsp honey or maple syrup	30 mL

Bring milk, water and quinoa to a boil over high heat, in medium saucepan.

Reduce heat to medium-low, cover and simmer for 15 minutes (until most of the liquid is absorbed). Turn off heat, and let stand, covered, for 5 minutes.

Stir in berries (with their juices), cinnamon, wheat germ and ginger.

Top with nuts, dried fruit and drizzle with honey or syrup.

Makes 4 servings

Each serving provides: 470 calories, 17 g of protein

Reference:

Dietitians of Canada. (2002). *High-Calorie, High-Protein Diet*. Online: Dietetics at Work.