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# Tips to Increase Calorie and Protein Intake

# People may have a doctor’s order for a high-calorie and/or high-protein diet. These individuals may have increased healing needs, be recovering from an illness, or have trouble gaining/maintaining weight.

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# Pack More Calories in Your Day:

* Eat 5-6 small meals frequently throughout the day.
* Limit diet, low calorie and low-fat food products.
* Make beverages count - limit diet drinks, coffee and tea.
* Have high-calorie snacks ready-to-eat and easy to take with you.
* Drink high-calorie, nutrient-rich beverages if you aren’t hungry for food.
* Easy snacks include trail mix, fruit or vegetables with dip, dried fruit, nuts, crackers and cheese, frozen yogurt or ice cream, pudding and fruit smoothies.

# Add More Calories and Protein:

* Use milk instead of water to prepare hot cereals, hot chocolate, cream soups, and gravy.
* Mix dry powdered milk into mashed potatoes, cream soups, casseroles, pudding, hot cereal, and milk.
  + Spread peanut butter or other nut butters on toast, crackers, apples, celery, bananas, or pears.
  + Include eggs, meat salads, cheese, nuts, nut butters and cottage cheese with snacks.
  + Top vegetable, potatoes, casseroles, soups, sandwiches and salads with cheese.
* Add extra butter, margarine, oil, regular salad dressing, or mayonnaise to foods such as bread and rolls, hot cereal, salad potatoes, vegetables, noodles, pasta, rice, and sandwiches.
* Add dried fruit and nuts to cereals, yogurt, or cottage cheese.
* Top meats and vegetables with extra sauce, gravy or cheese.
* Add sour cream, cream cheese, heavy cream, to your favorite recipes, bagels, or potatoes.
* Spread a thick layer of peanut butter and use fruit preserves or honey on toast, bagels or English muffins.
* ****Throw nuts and seeds into vegetables, trail mix, baked goods and salads.