



**Shailaja S. Behara, MD, AGAF**

Board Certified in Internal Medicine & Gastroenterology

Ph: 281-528-1511 Fax: 281-419-8485

[www.rdctx.com](http://www.rdctx.com)

## **High Calorie, High Protein Diet**

The high calorie, high protein diet is used in the treatment of patients who need more protein and calories than offered by the regular diet because they are underweight, hypercatabolic, have prolonged fever, have an infection or major body burns or are recovering from a long illness or surgery.

- The patient with poor appetite should be offered a wide variety of food items adapted to his normal eating patterns. It may be necessary to increase calories without increasing volume of food served.
- The high calorie, high protein diet is composed of menu items from the regular diet with snacks and food supplements added to meet individual energy and protein needs.
- Protein levels of 1.2-1.5 gm/kg body weight are generally adequate to replete lean tissue losses. Sufficient calories must be provided from fats and carbohydrates to spare the protein for tissue building functions.
- The daily calorie requirement depends on energy needs and the desired rate of weight gain. A daily excess of 500 calories over maintenance needs permits the gain of approximately one pound of body tissue per week. The actual rate of gain will be influenced by sex, age, activity, metabolism, heat loss and the presence of disease.

### **Helpful Hints for Adding Calories to the Diet**

- Add raisins, dates or chopped nuts and brown sugar to cereals for a snack.
- A teaspoon of butter or margarine will add 45 calories.
- Meat, chicken and fish that are breaded are higher in calories than when broiled or roasted.
- Mayonnaise has about 100 calories per tablespoon so use it in salads, eggs and on sandwiches.
- Powdered coffee creamers add calories without volume and can be added to gravy, soup, milkshakes and hot cereals.
- Use peanut butter on fruits such as apples, bananas, pear and celery. Peanut butter may also be added to a sandwich with cream cheese, mayonnaise or honey.
- Have snacks ready to eat. Nuts, dried fruits, candy, buttered popcorn, crackers and cheese, granola, ice cream, shakes, floats and popsicles all provide high calorie snacks.
- Use sugar and honey on your toast or add it to coffee, tea, cereal or rice.
- Add marshmallows to fruit or hot chocolate.
- Sour cream or yogurt can be used on vegetables such as potatoes, beans, carrots, squash or as a dressing on fruit.
- Use sour cream as a dip for fresh vegetables or put it on fresh fruit along with some brown sugar.
- Whipping cream has about 60 calories per tablespoon and can be added to pies, fruit, puddings, hot chocolate, gelatin and other desserts.

### **Helpful Hints for Adding Protein to the Diet**

- Use instant breakfast shakes and extra powdered milk in foods to increase protein and calorie intake.
- Use high protein milk for cooking and drinking whenever possible.
- Choose dessert recipes which contain eggs such as sponge and angel food cake, custard, bread pudding or rice pudding.
- Add milk powder to hot or cold cereals, scrambled eggs, soups, gravies, ground meat, casserole dishes, desserts and in baking.
- Add cooked cubed shrimp, tuna, crab meat, diced ham or sliced boiled eggs to sauces and serve over rice, cooked noodles, buttered toast or hot biscuits.
- Add diced or ground meat to soups and casseroles.
- Add grated cheese or chunks to sauces, vegetables, soups and casseroles.
- Add peanut butter to butter or margarine on hot bread.

**Snacks and Supplements**

<b>Food</b>	<b>Ingredients</b>	<b>Calories</b>	<b>Protein</b>
<b>High Protein Milk</b>	1/4 cup nonfat milk plus 1 cup whole milk	280	18 gm
<b>High Protein Cooked Cereal</b>	1 cup cooked cereal made with high protein milk plus 1 tbsp sugar	480	22 gm
<b>High Protein Dry Cereal</b>	1-1/2 cups dry cereal plus 1 cup high protein milk plus 1 tbsp sugar	500	22 gm
<b>High Protein, High Calorie Milkshake</b>	1 cup high protein milk plus 1/2 cup ice cream, add fruit or chocolate syrup will increase calories	440	20 gm
<b>High Protein, High Calorie Custard</b>	1 cup high protein milk, 2 eggs plus 1 tbsp sugar, this makes 2 servings (one recipe has 490 calories)	245	16 gm
<b>High Protein Cream Soup</b>	Dilute canned cream soup with high protein milk instead of whole milk. 7oz soup + 2 tsp margarine = 1 serving	285	16 gm
<b>Grilled Cheese Sandwich</b>	2 slice of bread, 2 oz of cheese plus 4 tsp mayonnaise, butter or margarine	470	18 gm
<b>Meat or Egg Sandwich</b>	2 slices of bread, 2 oz meat, 2 eggs plus 1 tbsp mayonnaise, butter or margarine	425	18 gm
<b>Milkshakes with Instant Breakfast</b>	1/2 cup whole milk, 9oz ice cream (3 scoops) plus 1 package instant breakfast	495	16 gm
<b>Peanut Butter, Jelly &amp; Crackers</b>	2 tbsp peanut butter, 1tbsp jelly plus 5 saltine crackers	205	9 gm
<b>Pasteurized Eggnog</b>	8 oz eggnog made from pasteurized eggnog mix	230	15 gm
<b>Fruited Milkshake</b>	1/2 cup pureed fresh, frozen or canned fruit, 1/2 whole milk plus 1/2 cup vanilla ice cream	300	6 gm
<b>High Calorie, High Protein Fruited Milkshake</b>	Same as above plus 4 tbsp nonfat dry milk	360	14 gm
<b>High Calorie Fruited Milkshake</b>	Basic recipe plus 1 tbsp oil	400	6 gm
<b>Peanut Butter Milkshake</b>	2 tbsp peanut butter, 8 oz whole milk plus 1/2 cup vanilla ice cream	420	17 gm
<b>Chilled Fruit and Cream</b>	1/2 cup any fruit, 1/2 cup any cream for puree, blenderized	275	0 gm
<b>Cereal and Cream</b>	1/2 cup hot or cold cereal, 1/4 cup heavy cream plus 1/2 cup whole milk	360	6 gm
<b>Liquid Prune Whip</b>	6 oz whole milk, 1/3 cup prune puree plus 4 tsp dry milk	324	14 gm
<b>Lemon Cooler</b>	6 oz whole milk, 1/4 cup lemon sherbet plus 1 tsp lemon juice	260	10 gm

**Sample Menu Plan**

<b>Suggested Meal Plan</b>	<b>Sample Menu</b>	<b>Your Menu</b>
<b>Breakfast</b> Fruit or Juice Cereal Meat/High Protein Food Bread Margarine/Jelly Milk Beverage	Orange Juice Wheat Flakes With Half & Half Ham Omelet Toast Margarine/Grape Jelly Whole Milk Coffee with Honey or Sugar	
<b>Mid-Morning Snack</b>	Milkshake Peanut Butter on Crackers	
<b>Noon Meal</b> Soup or Juice Meat/High Protein Food Bread Vegetables Fruit/Dessert Milk Beverage	Cheese Soup Sliced Chicken Sandwich with Mayonnaise Lettuce & Tomato & Carrot Sticks Strawberry Ice Cream with Syrup, Nuts & Whipped Cream Whole Milk Iced Tea with Sugar	
<b>Mid-Afternoon Snack</b>	Custard Grape Juice	
<b>Evening Meal</b> Meat/High Protein Food Starch Vegetables  Bread Margarine Fruit/Dessert Milk Beverage	Breaded Broiled Fish with Lemon Butter Buttered Rice with Gravy Buttered or Creamed Green Peas Tossed Salad with French Dressing Hot Biscuit with Margarine/Honey Sliced Peaches with Yogurt Dressing Whole Milk Iced Tea with Sugar	
<b>Evening Snack</b>	Apple Cheese & Crackers Whole Milk	