



## HIGH ENERGY HIGH PROTEIN IDEAS

Good nutrition is important during your treatment and afterwards. The purpose of this booklet is to help you choose high energy, high protein foods to maintain your strength and well being.

### Energy Boosters

Here are some ways to add extra energy (calories) to your diet.

Food Product	Where to use
Milk, soy milk, rice milk Fruit juice, pop	<ul style="list-style-type: none"> <li>Quench your thirst with these fluids rather than water</li> </ul>
Plain yogurt+ Sour cream+	<ul style="list-style-type: none"> <li>Use in dips or salad dressings or as a topping for potatoes, perogies or fruit</li> </ul>
Ice cream, sherbet Frozen yogurt Frozen soy dessert	<ul style="list-style-type: none"> <li>Use as a topping on pies, fruit or in milkshakes</li> <li>Eat as a snack</li> </ul>
Whipped cream Creamo®	<ul style="list-style-type: none"> <li>Use whipped as a topping</li> <li>Stir into foods like mashed potatoes or hot cereal</li> </ul>
Cream cheese+	<ul style="list-style-type: none"> <li>Spread on bagels, bread, crackers or use in icing</li> </ul>
Butter, margarine	<ul style="list-style-type: none"> <li>Add to cooked vegetables, potatoes, rice, pasta</li> <li>Use on toast, pancakes, waffles or stir into hot cereal</li> </ul>
Vegetable oils (e.g. canola, olive, sesame, flax seed)	<ul style="list-style-type: none"> <li>Use on salads, add to soups</li> <li>Use as a dip for bread</li> </ul>
Jams and jellies Syrups (e.g. corn, maple, chocolate) Honey, sugar Sweetened condensed milk	<ul style="list-style-type: none"> <li>Sweeten fruit and plain yogurt</li> <li>Spread on toast, bagels, muffins</li> <li>Put on pudding, ice cream or custard</li> </ul>
Granola, dried fruit	<ul style="list-style-type: none"> <li>Add to yogurt, hot or cold cereals</li> <li>Eat as a snack</li> </ul>

+Regular instead of low fat

### Protein Boosters

Here are some ways to increase protein in you diet.

Food Product	Where to use
Skim milk powder	<ul style="list-style-type: none"> <li>Add to whole milk to make High Protein Milk*</li> </ul>
Soy protein powder Whey protein powder	<ul style="list-style-type: none"> <li>Add to milkshakes, juices, hot cereal or soup</li> </ul>
Milk Soy milk Buttermilk Evaporated milk	<ul style="list-style-type: none"> <li>Drink these fluids rather than water</li> <li>Use in hot beverages e.g. hot chocolate</li> </ul>
Yogurt	<ul style="list-style-type: none"> <li>Eat as a snack or add to fruit</li> <li>Blend into a Yogurt Smoothie*</li> </ul>
Nut and Seed Butter (e.g. peanut, almond, cashew) Nuts and seeds	<ul style="list-style-type: none"> <li>Spread on crackers or bread</li> <li>Use in baking (cookies and squares)</li> <li>Eat as is or use in trail mix</li> </ul>
Tofu Dessert tofu	<ul style="list-style-type: none"> <li>Cube or crumble and add to soups, stews or stirfrys</li> <li>Eat as a snack or add to fruit</li> <li>Blend with soy milk to make a Tofu Shake*</li> </ul>

\*recipes included in this booklet

### Protein Boosters (cont'd)

Food product	Where to use
Cottage cheese Ricotta cheese	<ul style="list-style-type: none"> <li>• Eat with fruit</li> <li>• Use in pasta (lasagna, manicotti)</li> <li>• Use in cheesecake and other desserts</li> <li>• Add to pancake batter</li> </ul>
Cheese Soy cheese	<ul style="list-style-type: none"> <li>• As a snack with crackers and fruits</li> <li>• Melt on pizza, baked potatoes, pasta</li> <li>• Add to soups, salads and sandwiches</li> </ul>
Eggs	<ul style="list-style-type: none"> <li>• Eat as a meal or snack with toast</li> <li>• Stir into hot soups or hot cereal</li> <li>• Use in sandwiches and salads</li> </ul>
Meat Fish Poultry	<ul style="list-style-type: none"> <li>• Try small portions grilled, steamed or baked</li> <li>• Add condiments or use marinades to mask any bitter or metallic taste</li> <li>• Use in sandwich fillings</li> <li>• Add to soups and salads</li> </ul>
Beans and Legumes	<ul style="list-style-type: none"> <li>• Use in soups, stews and main courses</li> <li>• Have as hummus (chickpea dip) or bean dip, using refried beans</li> </ul>

### High Energy, High Protein Snack Ideas

- Crackers and cheese
- Bagels and cream cheese
- Toast and peanut butter
- Pita bread and hummus dip
- Tortilla chips and avocado dip
  
- Granola bars or cereal bars
- Cereal-dry or with milk
- Muffins or scones with butter and jam
- Cookies e.g. Fig Newtons®, oatmeal, peanut butter
  
- Nuts or trail mix
- Chips
- Dried fruit
  
- Cottage cheese
- Yogurt
- Pudding e.g. rice, tapioca, vanilla
- Custard\*
- Ice-cream, sundaes and floats
- Dessert Tofu
  
- Milkshakes made with High Protein Milk\*
- Yogurt smoothies\*
- Commercial eggnogs, malts and shakes
- Tofu Fruit Shake\*
- Ovaltine®, Horlicks®, or hot chocolate made with 2% or whole milk
- Steamed High Protein Milk\* or soy milk
  
- Fruit crisp, pie or cobbler with ice cream
- Cheesecake
- Cakes
- Date squares

*\*recipes included in this booklet*

## Quick and Easy Meal Ideas

### Breakfast Ideas

- Waffles, pancakes with butter and syrup
- Cereal with High Protein Milk\* or cream, dried fruit, brown sugar or honey
- Eggs -soft boiled, poached, scrambled, omelettes
- French toast with syrup and fruit
- Scones or muffins with butter and jam
- Yogurt Smoothie\* or Tofu Shake\*

### Lunch and Supper Ideas

- Cream soup made with High Protein Milk\*
- Hearty soups and chowders
- Sandwiches with your favourite fillings
  
- Macaroni and cheese
- Pasta and sauce
- Ravioli, tortellini, spaghetti
- Perogies with plain yogurt or sour cream
- Burritos (bean, chicken or meat filling)
- Mini quiches or meat pies
- Barbequed chicken
- Frozen entrees
  
- Take-out foods e.g. pizza, Chinese food
- Deli foods e.g. pasta salads, potato salad, Greek salad, sausage rolls, meat or vegetable pies

*\*recipes included in this booklet*

## Questions and Answers

### 1. What can I do if I don't have an appetite?

Many factors decrease appetite, including nausea, medications, the smell or sight of food, and feeling worried or upset. Whatever the cause, a decreased appetite can prevent you from getting the nutrition you need. These ideas may help:

- **Make every mouthful count** by choosing high calorie, high protein foods.
- **Eat often.** Try a few mouthfuls even if you are not hungry. Try snacking at least every 2 hours.
- **Eat what you feel like eating.** It is okay to eat the same foods over and over again if only a few foods appeal to you.
- **Carry snacks with you** if you are going to be away from home during the day, at treatment or at work.
- **Eat your biggest meal when your appetite is best.** This may be at breakfast time rather than at the traditional evening meal.
- **Take a break from eating** to rest, take a walk or get some fresh air.

### 2. Solid foods don't appeal to me right now. How can I get enough energy and protein?

You can still get enough energy and protein by choosing liquid foods. Make every sip count by having fluids such as:

Milkshakes*	Soy milk, Tofu Shakes*
Nutritional supplements	Fruit juice
Cream soups	Buttermilk
Hot cereal with milk	Yogurt Smoothies*

Aim for six to eight cups of fluids each day.

*\*recipes included in this booklet*

### 3. What if I feel full after eating only a small amount?

- Eat often and make every mouthful count.
- Drink fluids between meals. Fluids with meals can make you feel too full.
- Limit certain foods if they make you feel bloated or full. Some examples are: cabbage, broccoli, peppers and dried beans and peas.

### 4. What can I do if I am too tired to cook or eat?

- Try convenience foods. Keep your freezer, refrigerator and cupboards stocked with foods that are ready-to-eat or easily prepared.
- Ask friends and family to help prepare meals. Prepare food in bulk and freeze in single serving containers.
- Consider community meal programs or ask your local restaurants or grocery stores about home delivery. Try dining out.
- Foods that are soft, moist or blenderized may be easier to eat as they require less effort to chew and swallow.

#### *SOFT FOOD IDEAS*

- Soups and stews
- Soft sandwich fillings
- Pasta with cream sauce
- Mashed potatoes
- Scrambled or soft boiled eggs
- Buttered noodles
- Soft cooked vegetables with a cheese sauce
- Cottage cheese and canned fruit
- Cream pie
- Ice cream, sherbet
- Sponge cake with custard sauce
- Flavoured dessert tofu
- Pudding, Jello
- Applesauce, stewed fruit

### 5. Do I need to take nutritional supplement drinks?

- Nutritional supplement drinks are high in energy and protein with vitamins and minerals added. They are available in most drugstores and grocery stores. These drinks may be useful if you are finding it difficult to maintain your weight with regular foods or you find meal preparation difficult.
- If you are unable to eat or drink anything else, you may need six or more tins of nutritional supplements per day to obtain the nutrients you need.
- Other nutritious choices that cost less include: House brand nutritional supplements, instant breakfast powders, milkshakes, egg-nogs, yogurt smoothies and tofu shakes.

### 6. Should I take extra vitamins and minerals?

- A multivitamin with minerals may be needed if you are unable to eat a variety of foods. Any “one a day” brand sold in drugstores is appropriate.
- If you would like more information on nutritional or vitamin and mineral supplements, ask your nutritionist.

### 7. Does “high protein, high energy” mean high fat too?

- Some foods recommended in this booklet are high in fat. You may need these foods in order to prevent weight loss and keep up your energy level as you undergo treatment. If you have concerns about fat in your diet during or after treatment, talk to your nutritionist.

### 8. I have heard that eating fruits and vegetables can help to fight cancer. How can I eat these when my appetite is poor?

- A diet that is rich in vegetables and fruits is recommended to reduce the risk of developing some types of cancer. These healthful foods are needed during treatment too. However, vegetables and fruits are low in energy and can fill you up, leaving less room for higher energy foods. You can add energy (calories) to these foods by having vegetables with cheese sauce or extra butter, having creamy vegetable soup or fruit in a milkshake or smoothie. Another way to ensure you are getting the goodness of vegetables and fruits is to drink juices.

## RECIPES

### High Protein Milk

High Protein Milk can be used instead of regular milk in cream soups, puddings, hot chocolate, on cereals or for drinking.

1 cup (250 ml)	skim milk powder
4 cups (1L)	whole milk

Combine ingredients and mix well. Refrigerate.

Makes approximately 4 1/2 cups (1125 ml).

Per 1 cup (250 ml) serving: 210 calories, 14 grams protein.

### High Protein Custard

3	eggs
¼ cup (60 ml)	sugar
2 cups (500 ml)	High Protein Milk, scalded
¼ tsp (1 ml)	vanilla extract
dash	salt

Combine eggs, sugar, and salt. Slowly add and stir in slightly cooled milk. Divide into 4 glass cups. Set into shallow pan of water. Bake at 325°F approximately 20 minutes or until set.

Makes 4 servings. Per serving: 220 calories, 13 grams protein.

### Tofu Shake

1 cup (250 ml)	soy milk (plain or flavoured)
1/3 cup (75 ml)	soft tofu
1 tsp (5 ml)	vanilla extract
1 cup (250 ml)	fruit (e.g. bananas, strawberries, pineapple, peaches)

Place all ingredients in blender and process until smooth.

Makes 2 servings. Per serving: 125 calories, 6 grams protein.

### High Protein Milkshake

1 cup (250 ml)	whole milk
½ cup (125 ml)	ice cream
¼ cup (60 ml)	skim milk powder

Place all ingredients in blender and process until smooth. Blend in ½ cup of fruit (e.g. bananas, berries, peaches) as desired.

Makes 1 serving. Per serving: 345 calories, 22 grams protein.

### Yogurt Smoothie

1 cup (250 ml)	fruit (e.g. strawberries, bananas, pineapple)
1/3 cup (75 ml)	plain or fruit yogurt
1 Tbsp. (15 ml)	honey
1 cup (250 ml)	High Protein Milk
2	ice cubes

Place all ingredients in blender and process until smooth.

Makes 2 servings. Per serving: 200 calories, 10 grams protein.

This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.
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