

Prepared For:		Date:	
Prepared By:		Contact:	

Suggestions for Increasing Calories and Protein

- Several small meals a day are easier to eat and digest than three large ones. Space meals about 2 to 3 hours apart to maximize comfort.
- Stop eating 2 to 3 hours before bed and sleep with your head elevated if gastric reflux (GERD) and heartburn are problems.
- Do not eat your favorite foods if you are feeling bad. Save them for when you feel good!
- Eat breakfast-type foods at any meal. Eggs are usually easy to eat and are great any time of the day. (The same goes for pancakes and waffles.)
- Eat when you feel hungry. Most people have the greatest appetite in the morning because they have not eaten all night. If this is the best meal for you, then pile on those calories and other nutrients in the morning and at lunch. Then you can have a smaller dinner without losing total calories for the day.
- Eat leftovers or nutritious snacks in the afternoon and early evening to round out your day.
- Try homemade or commercially prepared nutrition bars and puddings, as well as calorie- and protein-rich liquid nutritional supplements.

Benefits of Physical Activity

Talk to your doctor about physical activity. Light or moderate physical activity can help maintain muscle and promote an appetite. Walking in the neighborhood or the local mall is a great way to get up, get out, and get moving. If you are unsteady on your feet, try walking around the dining room table.

Save Room for Calorie-Rich Food!

Drink most fluids between meals instead of with meals. (It is fine to have a sip to help swallow food at meal time.) Fluids (which usually have fewer calories and nutrients than solid food) can take up valuable space in your stomach.

Foods Recommended

High-Protein Foods

Milk products	Add cheese to toast, crackers, sandwiches, baked potatoes, vegetables, soups, noodles, meat, and fruit. Use reduced-fat (2%) or whole milk in place of water when cooking cereal and cream soups. Include cream sauces on vegetables and pasta. Add powdered milk to cream soups and mashed potatoes.
Eggs	Have hard-cooked eggs readily available in the refrigerator. Chop and add to salads, casseroles, soups, and vegetables. Make a quick egg salad. All eggs should be well cooked to avoid the risk of harmful bacteria.
Meats, poultry, and fish	Add leftover cooked meats to soups, casseroles, salads, and omelets. Make dip by mixing diced, chopped, or shredded meat with sour cream and spices.
Beans, legumes, nuts, and seeds	Sprinkle nuts and seeds on cereals, fruit, and desserts such as ice cream, pudding, and custard. Also serve nuts and seeds on vegetables, salads, and pasta. Spread peanut butter on toast, bread, English muffins, and fruit, or blend it in a milk shake. Add beans and peas to salads, soups, casseroles, and vegetable dishes.

High-Calorie Foods

Butter, margarine, and oils	Melt butter or margarine over potatoes, rice, pasta, and cooked vegetables. Add melted butter or margarine into soups and casseroles and spread on bread for sandwiches before spreading sandwich spread or peanut butter. Sauté or stir-fry vegetables, meats, chicken and fish such as shrimp/scallops in olive or canola oil. A variety of oils add calories and can be used to marinate meat, chicken, or fish.
Milk products	Add whipping cream to desserts, pancakes, waffles, fruit, and hot chocolate, and fold it into soups and casseroles. Add sour cream to baked potatoes and vegetables.
Salad dressing	Use regular (not low-fat or diet) mayonnaise and salad dressing on sandwiches and in dips with vegetables and fruit.
Sweets	Add jelly and honey to bread and crackers. Add jam to fruit and ice cream and as a topping over cake.

Notes