

High Calorie / High Protein Diet

If your doctor or dietitian recommends that you follow a high calorie/high protein diet, here are some tips that might help!

High Calorie Diet Tips:

- **Set a daily meal schedule of smaller, more frequent eating sessions:** like 3 meals, 2 snacks; or 6 small meals.
 - Do not snack on other foods between the set schedule, as this can depress appetite.
 - First, choose **high protein foods** when crafting meals and snacks.
 - Then, add **healthy fats** for increased calories.
 - Finally, add carb based foods for energy.
- Drink liquids between meals to prevent getting too full when eating.
- Cut down on or eliminate any sugary and caffeinated beverages that can suppress appetite. **Stick to mostly just water, whole milk, or oral nutrition supplements.** (Beverages to cut down include soda, juice, Gatorade/Powerade, tea, coffee, energy drinks, etc.)
- **No snack/meal skipping** – instead drink an oral nutrition supplement as a replacement if needed.
 - Oral nutrition supplement (ONS) beverages are a great way to get in a lot of calories and protein if it is too difficult to eat. **Look for at least 240 calories per 8oz serving.** Some brands include Pediasure, Ensure, Ensure Plus, Boost Kid Essentials, Boost, Boost Plus, Carnation Breakfast Essentials, Kate Farms, and Orgain. Most protein shakes that contain at least 240 calories per 8oz serving will work – make sure to check the particular brand with your doctor/dietitian and let them know how much your child is typically consuming in 1 day.
- Make sure all dairy products are **Whole of Full Fat** – no low-fat or non-fat milk, yogurt, or cheese.
 - If you are experiencing **lactose intolerance**, try Lactaid or Fairlife milk.

- Milk alternatives (like almond milk, oat milk, etc) are typically very low in protein and calories, with the exception of soy milk or pea protein milk.
- Leave the skin on any poultry when cooking and serving.

First, choose a high protein food when crafting a meal or snack:

Protein is important for growth, healing and maintenance of the skin, immune system, blood cells, and digestive tract. High protein foods generally have more than 6g of protein per serving (look at the nutrition label on food packages).

Below is a list of foods that are high in protein:

- Meats: beef, lamb, pork, turkey, chicken, fish and seafood.
- Dairy products: cheese, yogurt, cottage cheese and milk.
- Milk powders: add to soups, gravies, casseroles, puddings, cooked cereals, ground meats, milkshakes, yogurt, and vegetables.
- Eggs: eat scrambled, fried, or hard boiled; add to casseroles, meatloaf, macaroni & cheese, chicken or tuna salad. Add more egg than normal to French toast or pancakes.
- Plant-based protein options:
 - Peanut butter and other nuts or nut butters: eat with fruits, on toast, with crackers or on bagels. (**NOT** recommended for children younger than 2 years of age or those allergic to nuts.)
 - Beans, peas, and soy based foods like tofu, tempeh, edamame.
 - It is harder for your body to absorb and utilize protein from plant based foods, as compared to animal foods, so you want to **be sure to include mostly animal based protein sources when on a HCHP diet**. If you are a vegetarian/vegan or don't eat particular types of meat, consult your doctor or dietitian for specific recommendations for your diet to ensure adequate protein intake.

Then, add a healthy fat to boost calories:

- Butter or ghee: add to casseroles, sandwiches, vegetables, cooked cereals, pastas and rice.

- Heavy whipping cream: add to milkshakes, smoothies, sauces, gravies, mashed potatoes and casseroles.
- Mayonnaise or salad dressings: add to sandwiches, salads, vegetables or dipping sauce.
- Sour cream: add to baked potatoes, casseroles, dips, sauces and baked goods.
- Olive oil: drizzle on steamed or roasted vegetables, rice, potatoes, meats.
- Canned coconut milk: add to smoothies, milk shakes, or sauces.
- Ground and chopped meats: add to casseroles and soups.
- Avocado: mash and mix in salsa, spread on bread, or use as a veggie dip. Can also add to smoothies without affecting taste.
- Nut butters (peanut, almond, etc): add to smoothies and milkshakes, or spread on bread, crackers, celery, bananas, apples for a snack.

Finally, add carb-based foods for energy:

- Fruits, bread, crackers, chips, oatmeal, popcorn, granola, cookies, cakes, other sweets, etc.

High Calorie, High Protein Snack Ideas

- 1 glass whole milk, 1 apple, 2 tablespoons peanut butter* (437 calories, 15.4 grams of protein)
- 2 slices toast, 1 banana, 2 tablespoons peanut butter* (448kcal, 13.5g)
- 1 Babybel cheese with trail mix* (recipe below) (250kcal; 10.3g)
 - Add ¼ cup each of peanuts, almonds, walnuts, pecans, cashews, and any other nut desired, add ¼ cup chocolate chips. Serve in ¼ cup portions.
- 1 avocado, add lime juice, cut cherry tomatoes, salt and pepper. Serve with tortilla chips for dipping (add veggies for dipping as well for more fiber!) (510kcal, 7g)
- 1 avocado, mashed and spread on 2 slices toast, with salt and pepper (376kcal, 7.7g)
- 1 scrambled egg with cheese and 1 slice toast (265kcal, 15.3g)

- 1 fried egg (yolk cooked), 1 avocado mashed with salt/pepper, on 1 slice toast (380kcal, 11.5g)
- 2 Babybel cheese with 1 clementine and strawberries (175kcal; 11g)
- Greek yogurt with blueberries and granola (248kcal, 16g)
- 3 slices lunch meat rolled up with cheese, blueberries on the side (338kcal, 26.6g)
- Oral nutrition supplements (ONS) make great snacks as well, especially for busy families and anyone on-the-go.

*All nuts and peanut butter not recommended for children <2yrs old, or those allergic to nuts. Please consider your particular child's ability to safely chew and swallow any of the above foods before serving them.

Recipes for High Calorie Shakes

(Blend all ingredients until smooth in a blender)

Strawberry Crush

2 cups frozen strawberries
 ½ cup crushed pineapple
 ½ cup water or vanilla ONS
 ½ medium banana
 2 TBSP honey

Peaches and Cream

1 cup milk, whole, or ONS
 1 cup canned peaches
 1 cup vanilla ice cream
 ¼ tsp vanilla

Banana-Peanut Butter Shake

½ cup whole milk or vanilla ONS
 1 banana
 2 ½ TBSP peanut butter
 1 cup vanilla ice cream

Yogurt Smoothie

8 oz yogurt
 ½ cup half & half
 1 cup fresh/frozen strawberries