



COMMUNITY HOSPITALS AND WELLNESS CENTERS

433 W. High St. Bryan, OH 43506-1679 Ph (419)636-1131 Fax (419)636-3100
121 Westfield Drive Archbold, OH 43502-1061 Ph (419)445-4415 Fax (419)445-4418
909 E. Snyder Ave. Montpelier, OH 43543-1271 Ph (419)485-3154 Fax (419)485-3833

www.chwchospital.com

HIGH CALORIE, HIGH PROTEIN DIET

Indications

This diet is used to increase the amount of protein and calories consumed to help treat protein-calorie malnutrition and to prevent weight loss and tissue wasting under conditions when protein and calorie requirements are greatly increased. The following are some examples of conditions which may increase protein and calorie requirements: fever, severe burns, severe infection, long bone fracture, post-operative recovery, kidney dialysis, AIDS, cancer and open wounds/pressure sores/decubitus ulcers.

Description

This diet is based on the regular diet, but is supplemented with additional servings of higher protein and higher calorie foods. Nutritional supplements may also be used to provide extra protein, calories and nutrients. This diet should provide at least 1.2-1.5 grams of protein per kilogram of ideal body weight or 80-130 grams of protein per day. The diet should also provide 3000-4000 calories per day. Providing the extra calories is important in preventing the additional protein being used for energy. At least half of the day's protein intake should come from high biological value proteins, such as meat, milk and eggs. Six small meals per day may be better tolerated than three large meals.

Nutritional Adequacy

This diet is adequate in all specified nutrients from the Recommended Dietary Allowances.

High protein foods

- Meat, poultry or fish
- Cheese
- Cottage cheese
- Eggs
- Milk
- Yogurt
- Pudding or Custard
- Ice cream
- Milkshakes
- Peanut butter
- Nuts
- Dried beans (navy, lentil, kidney, split peas)

To increase the calories in your diet:

1. Add margarine or butter to your foods, such as vegetables, fish, chicken, hot cereal, potatoes, soup and bread).
2. Add jelly, honey or peanut butter to toast, bread and hot cereal.
3. Add dried fruit to cereals or eat as snacks.
4. Add extra mayonnaise to salads and sandwiches.
5. Use 2% or whole milk rather than skim milk.
6. Use gravies or sauces on foods.
7. Try to have high calorie drinks (milk, hot chocolate, juice or regular pop) instead of calorie free drinks (coffee, tea, diet pops, bouillon) when thirsty.

To increase the protein in your diet:

1. Add cheese to soups, sauces, casseroles, eggs, vegetables and potatoes.
2. Spread peanut butter on fruit, vegetables, crackers and breads.
3. Snack on high calorie, high protein foods, such as cheese and crackers, peanut butter and crackers, peanuts, hard boiled eggs, puddings, custards, ice cream, sherbet or yogurt.
4. Make milkshakes with whole milk, ice cream and flavorings or mix in Carnation Instant Breakfast or dry skim milk powder for added calories and protein.
5. Add powdered milk to milkshakes, milk, hot cereal, meatloaf and casseroles.
6. Use commercial supplements, such as Carnation Instant Breakfast, Ensure, Boost or generic versions to make shakes or just to drink with meals or snacks. Most commercial supplements are available at local grocery stores or pharmacies.
7. Consume at least 3 ounces of meat at lunch and supper. Three ounces equals the size of a deck of cards.
8. Consume at least three-8 ounce glasses of milk per day or three 1 ounce servings of cheese per day.
9. Consume eggs, beans or peanut butter in place of meat if you don't prefer meat.
10. Have eggs, low fat cheese or cottage cheese at breakfast.

Daily Sample Meal Plan

Breakfast

½ c. orange juice
½ c. oatmeal
2 scrambled eggs
2 slices toast
2 tsp. margarine
1 T. jam
1 c. whole or 2% milk
2 tsp. sugar
coffee or tea

Lunch

4 oz. Roast beef with gravy
½ c. buttered mashed potatoes
½ c. buttered green beans
½ c. molded gelatin salad with
whipped cream
1 slice bread
1 tsp. margarine
chocolate cake
½ T. jam
1 c. whole or 2% milk
1 tsp. sugar
iced tea

Supper

4 oz. baked chicken
½ c. buttered rice pilaf
½ c. buttered carrots
Tossed salad with
regular dressing
½ c. peaches
dinner roll
1 tsp. margarine
1 c. whole or 2% milk
1 tsp. sugar
coffee or tea

Mid-Morning

4 oz. pudding
3 squares graham crackers

Mid-Afternoon

2 slices bread
2 oz. turkey
2 tsp. Mayonnaise
12 oz. 7-Up

Evening

2 T. peanut butter
6 saltine crackers
1 c. whole milk