

Adding Calories & Protein



Sufficient calories in a diet are necessary to maintain a healthy weight and prevent the loss of muscle mass.


The goal is to eat healthy caloric and protein-dense foods in small frequent meals for weight maintenance.

Protein Sources

- Egg, egg whites
- Lean Meats
- Fish
- Poultry
- Low Fat cheeses, yogurt
- Soy products
- Beans
- Nuts, nut butters



TIP:

Add cooked chopped meat to soups, shredded cheese to entrees, and hard-boiled eggs to salad for extra protein. 

Fat Sources

Some sources of fat are healthier than others. Here are examples of healthy fats:

- Olives, olive oil
- Canola oil
- Nuts, nut butters
- Avocado



TIP:

Adding these fats to sandwiches, salads, entrees, snacks, dips and spreads will increase calories in a small volume of food.

Carbohydrate Sources

Complex carbs like whole grains contain essential vitamin and minerals.

- Wheat bread
- Brown and white rice
- Hot and cold cereals
- Fruit
- Potatoes, yams
- Honey




Find strategies to "sneak in"
calories and protein

Fluid Source

- Soup (Chicken Noodle, Miso, Lentil, Vegetable, Beef etc)
- Broth (Chicken, Vegetable, Beef)
- Stews
- Chowders
- Tea, Coffee
- Electrolyte Drinks
- Protein Drinks
- Jello
- Pudding



TIP:

Add any grain like pasta, rice, noodles + some butter to increase calories of soups and stews. 

Sample Meal

Breakfast

- 2 Eggs with cheese, scrambled and cooked in butter
- 1 Piece of toast
- 1/2 Cup of any fruit
- coffee, milk, tea, or water

Snack

- Protein drink
- 1/2 Cup apple with nut butter

Lunch

- Chowder
- Side Salad
- Bread

Snack

- Guacamole and chips OR cheese and crackers OR nuts and cheese

Dinner

- Pasta Dish With Protein
- Baked Vegetable (green beans, asparagus, broccoli, zucchini, squash etc.)

Dessert

- 1/2 Cup ice cream