

## Making Every Bite Count

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Good nutrition is very important. Increasing your intake of foods that are rich in calories and protein can help you to feel better, prevent weight loss, rebuild muscles and heal wounds. When you have been ill or if your appetite is poor, it is difficult to meet your nutritional needs. It is important to make every bite count!

### Helpful Hints:

- Try to eat more when your appetite is best
- Choose high calorie, nutrient dense, high protein foods (see attached)
- Include at least one high protein food at each meal and snack
- Choose high calorie fluids – milk and milk alternatives, nutritional supplements, cream soups and juices. Limit tea, coffee, broth soups
- Avoid foods labelled “light” or “calorie reduced” or “low calorie”
- Do not skip meals
- Try frequent small meals and snacks. Have a small meal or snack every 2-3 hours instead of 3 large meals
- Keep convenient snacks on hand and take a snack with you when you are on the go. Try cheese and crackers, protein or energy bars, hummus and crackers, greek yogurt, nutritional supplements
- Make meals in batches and freeze leftovers
- Consider meal service programs or have frozen prepared meals available
- If you are missing meals because you are not hungry, try eating according to a schedule rather than waiting until you are hungry

## **Ways to get more protein in your diet**

### **Meat, fish, poultry**

- Add to salads, soups, pasta dishes, rice, omelettes, quiche, baked potatoes
- Spread pate, tuna or salmon salad on crackers or bread

### **Cheese**

- Melt cheese on pasta, vegetables, hamburgers, meatloaf, eggs or tacos
- Use grated or cut up on potatoes, casseroles, salads, sandwiches, cream soups, chili
- Snack on cottage cheese or cheese during the day
- Eat cheese with bread, bagels, muffins, fruits, crackers

### **Peanut butter or nut butters**

- Spread on crackers, melba toast, banana bread, fruits or vegetables
- Add almond, soy or peanut butter to smoothies

### **Nuts, seeds and grains**

- Add chia or hemp seeds or hemp hearts to smoothies or yogurt
- Add nuts and seeds to muffin or cookie mixes, ice cream or salads
- Mix with dried fruit and eat as a snack
- Add wheat germ or hemp hearts to oatmeal or yogurt

### **Beans and lentils**

- Dip veggies or crackers in hummus
- Have baked beans on toast
- Add beans to salads, soups, chili
- Add edamame to stir frys or salads
- Blend lentils in a pureed soup

## **More ways to get more protein in your diet**

### **Eggs**

- Slice hard boiled eggs and add to salads, casseroles, and sandwich fillings
- Spread of egg salad on crackers or melba toast
- Make an omelette or French toast
- Buy liquid pasteurized eggs to save on time and energy
- Add eggs to broth based soup to make egg drop soup
- Add pasteurized egg whites to smoothies

### **Yogurts and Puddings**

- Serve with fruits or other desserts
- Drink milkshakes or yogurt smoothies
- Snack on Greek or Icelandic yogurt for higher protein
- Try cooked puddings such as rice pudding, tapioca or custards

### **Protein powders**

- Many options available –whey, soy powders, vegan protein powders and skim milk powder
- Add to cream soups, smoothies, sauces, puddings, milk, hot chocolate, coffee, hot cereals, mashed potatoes
- Can mix with nut butters to make protein balls snacks

## **Ways to increase calories**

Choose nutrient dense and calorie rich foods

- Blend avocado into smoothies
- Add avocado slices to salads or sandwiches
- Mash avocado with eggs to make egg salad
- Mix mayonnaise into salads and sandwiches
- Choose fatty fish more often – salmon, herring, trout, mackerel, sardines
- Add olives to pasta, pizza or salads
- Use olive oil in salad dressings or to roast vegetables
- Try coconut oil in smoothies or in baking or when cooking stir fries
- Use sour cream or mayo based dip for vegetables or add to mashed potatoes
- Add gravy to potatoes and meats
- Add butter or nonhydrogenated margarine to vegetables, hot cereals, breads, muffins, crackers, pasta
- Use coconut milk as base for sauces in stir fries
- Add shredded coconut to yogurt, cookies, cereal, smoothies or protein balls
- Add cream cheese to crackers or spread on bagels or fruit
- Add dried fruit to cereals, salads or desserts
- Mix dried fruits with nuts and seeds
- Add nuts to salads
- Add nut butters to smoothies
- Buy fruit packed in its own juice or syrup
- Add honey, maple syrup, jam or agave nectar to yogurts, cereal, fruit
- Top ice cream with fruit and nuts
- Use high calorie milk products – cream, homogenized milk over lower fat choices,
- Choose full fat yogurts, puddings, sour cream, regular cheese
- Cow's milk and soy milk may be a higher calorie, protein, calcium options over almond, cashew, coconut milk beverages

## **Recipes:**

These recipes can help increase your intake of calories and protein.

### **High Protein Milk**

1 cup whole milk

4 tablespoons skim milk powder or whey protein powder

Add skim milk powder to milk until powder is dissolved. Refrigerate overnight. Try different flavourings: vanilla, chocolate, strawberry, and coffee.

### **Peanut Butter Shake**

$\frac{3}{4}$  cup ice cream

$\frac{1}{2}$  cup whole milk

$\frac{1}{4}$  cup skim milk powder

2 Tbsp. peanut butter

Combine all ingredients and blend using a hand mixer or blender.

### **Yogurt Shake**

$\frac{3}{4}$  cup plain yogurt

$\frac{1}{4}$  cup skim milk powder or whey protein powder

$\frac{1}{2}$  cup juice

1 Tbsp. sugar or honey

Combine all ingredients and mix well.

### **Orange Freeze Drink**

$\frac{1}{2}$  cup orange juice

1 Tbsp. lemon juice

1 cup orange sherbet

Combine all ingredients and blend using a hand mixer or blender.

**Fruit Magic**

1 cup sherbet, any flavour

½ cup ginger ale

1 Tbsp. vegetable oil

Combine all ingredients and blend using a hand mixer or blender.

**Café au Lait Smoothie**

1 cup plain yogurt, 2 % M.F. or higher

½ cup vanilla ice cream

1 tsp instant coffee powder

Sugar to taste

Combine all ingredients and blend using a hand mixer or blender.

**Orange Cream Shake**

½ cup Coffee Rich®

½ cup orange sherbet

1 scoop of whey protein powder

1 Tbsp. sugar

1 Tbsp. of vegetable oil

Combine all ingredients and blend using a hand mixer or blender.

**High Protein Mousse** (makes 4 ½ cup servings)

1 cup + 1 Tbsp. Coffee rich®

1 package Oetker® Mousse Mix

6 Tbsp. whey protein powder

In a blender, blend on low for 1 minute then on high for 5 minutes until light and fluffy. Refrigerate or freeze for a cold and frosty alternative.

### **Hot Chocolate**

- 1 cup Coffee Rich®
- 1 tbsp. chocolate syrup
- 1 tbsp of vegetable oil
- 2 scoops of protein powder
- 2 large marshmallows

Whisk together first three ingredients in a small saucepan. Bring to medium heat and cook until it begins to boil. Remove from heat and add whey protein powder. Mix well. Pour into mug and top with marshmallows.

### **Cheddar Cheese Soup**

- 1 can cheddar cheese soup (10 oz. or 284 ml)
  - 1 cup high protein milk (see recipe above)
  - 1 tsp Worcestershire sauce
  - dash of salt
- Mix ingredients in saucepan. Serve immediately.

### **Super Pudding**

- 1 package instant pudding – that makes 4 servings
  - 1 cup homo milk
  - $\frac{3}{4}$  cup skim milk powder
- Combine all ingredients into a bowl and blend with an electric mixer. Refrigerate. Serve topped with sliced fruit and whipped cream.

### **Mashed Potato Supreme**

- 1 scoop mashed potatoes
  - 1 to 2 Tbsp. sour cream
  - 1 to 2 Tbsp. butter
  - 1 Tbsp. cream
- Stir to combine and enjoy.

## **Nutritional supplements**

- Can be found in the drug store or the pharmacy section of many grocery and retail stores and most are ready to use and portable
- Come in many flavours
- Can be served cold, on ice, at room temperature or heated up.
- Are a quick, convenient way to increase calories and protein in your diet.

## **Types of nutritional supplements**

- Powdered mixes (mix with milk or a milk alternative to drink)
  - Carnation Breakfast Essentials
- Lactose-free, clear, fruit-flavored beverages
  - Boost fruit beverage, Oasis Nutrisolutions
- Low Lactose milk-like beverages
  - Boost, Boost High Protein, Boost Plus, , Ensure, Ensure High Protein, Ensure Plus, Equate, Life, President's Choice and Compliments brands.
  - Resource 2.0, TwoCal HN (usually have to be special ordered at the pharmacy)
  - Glucerna, Boost Diabetic (for individuals with diabetes)
- Puddings
  - Ensure pudding, Boost pudding
- Protein Powders
  - whey, soya, vegan protein powder
  - Examples Boost Just protein, Beneprotein powder

## **Which one should you drink? How many?**

First, it is important to take into account your own taste preferences – are you more likely to drink juice or a milk-like product? Would you prefer eating a pudding over drinking? Would you like to prepare your own recipes in a blender? How many calories do I need?



### Average Breakdown of common nutritional supplements

Powdered mix (carnation breakfast) 1 pkt and 250 ml homo milk	300 calories, 15 grams protein
Regular (1 bottle or tetra)	235 calories, 9 grams protein
High Protein (1 bottle or tetra)	225 calories, 12 grams protein
Plus (1 bottle or tetra)	355 calories, 14 grams protein
Diabetic ( 1 bottle or tetra)	190 - 225 calories, 11-16 grams protein
Puddings	170 calories, 4 grams protein
Two calorie ( 1 can or tetra)	475 calories, 17 grams protein

### Recipes using nutritional supplements

#### Berrynana Shake

1 bottle of chilled Ensure® plus Vanilla (or equivalent)

1/2 cup of frozen whole raspberries

1/2 cup of frozen whole strawberries

1 small banana sliced

Combine all ingredients and blend using a hand mixer or blender.

#### Mochaccino Shake

1 bottle of chilled Ensure® Plus chocolate (or equivalent)

1 cup coffee ice cream

1/2 tsp ground cinnamon

Combine all ingredients and blend using a hand mixer or blender.

#### Fuzzy Navel Shake

1 bottle of chilled Ensure® Plus vanilla (or equivalent)

½ cup sliced canned peaches in juice, drained

¼ tsp vanilla extract, ¼ tsp ground cinnamon

Combine all ingredients and blend using a hand mixer or blender.

### **Energy boosting Jell-O**

One package of instant jell-o mix (orange flavour)

Dissolve in *one cup* of boiling water

Allow to cool at room temperature slightly then add one bottle of a “plus” nutritional supplement (vanilla) or Boost fruit beverage

Set as per package instructions in refrigerator

\*Another flavour combination to try is raspberry jell-o and chocolate nutritional supplement.

### **Super Shake**

½ cup ice cream

1 cup whole milk

1 package Carnation Breakfast Essentials®

Combine all ingredients and blend using a hand mixer or blender.

### **Peach Smoothie**

1 package of Classic French Vanilla Carnation Breakfast Essentials®

1 cup whole milk

¼ cup vanilla-flavoured yogurt

1 fresh peach or canned sliced peaches (drained) or add 2 tbsp or orange juice concentrate for an orange flavour

½ cup of ice cubes

Combine all ingredients and blend using a hand mixer or blender.

### **Delicious Shake**

1 package of Carnation Breakfast Essentials®

1 cup whole milk

1 scoop of vanilla ice cream

½ cup frozen sliced strawberries

Nestle Nesquik® chocolate flavour syrup

Combine all ingredients and blend using a hand mixer or blender

**Peanut Butter Smoothie**

1 package of Carnation Breakfast Essentials® any flavour  
1 cup whole milk  
1 banana (optional)  
1 heaping Tbsp. creamy peanut butter (staff favourite – chocolate flavour mix with peanut butter or try vanilla with a banana and peanut butter added)  
Combine all ingredients and blend using a hand mixer or blender

**Mocha**

1 package vanilla Carnation Breakfast Essentials®  
1 tablespoon chocolate syrup  
½ teaspoon instant coffee  
Combine ingredients and stir until well mixed.

**Quick fixes??**

Supplement too sweet? Try adding a pinch of salt, or blending with some plain yogurt or berries to decrease sweetness.  
Too thick? Thin with milk or water or try pouring it over ice.  
Prefer a hot drink? Pour the supplement into a mug and warm in the microwave

Additional tips-

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Registered Dietitian: \_\_\_\_\_

905-378-4647 ext. \_\_\_\_\_



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