

High Protein and High Calorie Foods

Protein is an essential nutrient to help maintain lean body mass and support your body's recovery during and after cancer treatment. You should aim to **choose a protein rich food with most meals and snacks during the day to help meet your needs**. Select high quality protein foods such as:

- Poultry
- Fish
- Eggs
- Low-fat milk/dairy products
- Tofu
- Nuts
- Whole grains
- Beans and legumes

Tips to increase the protein in your diet

Milk products

- Add some cheese to toast, crackers, sandwiches, baked potatoes, vegetables, soups, noodles or pasta.
- Use milk in place of water when cooking cereal and cream soups (2% or whole milk can add calories).
- Include cream sauces on vegetables and pasta.
- Add powdered milk or whey protein powder to cream soups and mashed potatoes.
- Add cottage or ricotta cheese to casseroles, spaghetti or noodles.
- Cow's milk has more protein than most nut or plant-based milks, such as almond, cashew, rice, or coconut milk. For protein content comparable to cow's milk, try lactose-free milk, Fairlife®, soy milk, or kefir.

Eggs

- Have hard-cooked eggs readily available in the refrigerator.
- Add chopped hard-cooked eggs to salads, casseroles, soups, and vegetables.
- Try making egg custard or a quick egg salad.
- **All raw eggs should be thoroughly cooked before eating** to avoid food-borne illness from harmful bacteria. Pasteurized liquid eggs are safe to consume without cooking.

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.
- Serve nuts and seeds on vegetables, salads, and pasta.
- Spread peanut butter or other nut butters on toast, bread, English muffins, crackers, sliced fruits, or blend it in a milk shake.
- Add beans and peas to salads, soups, casseroles, and vegetable dishes.

Protein Amount and Portion Size

(NOTE: Foods in **bold** contain lactose)

Protein from animal sources

- Meat, fish, or poultry = (3 ounces cooked, about the size of a deck of cards, = 21 grams protein)
- Egg (1 large = 6 grams)
- Fairlife® milk (1 cup = 13 grams)
- Genepro (1 tablespoon = 30g protein)
- **Cottage cheese** (1/2 cup = 12 grams protein)
- **Greek yogurt** (5 ounces = 12-15 grams protein)
- **Cow's Milk** (1 cup= 8 grams protein)
- **Cheese** (1.5 ounces = 9-10 grams protein)
- **Whey protein powder** (check the individual product's nutrition label)

Protein from plant sources

- Nuts (1/4 cup = 5 grams protein)
- Nut butters (2 tablespoons = 8 grams)
- Chia and hemp seeds (1 tablespoon = 3-5grams)
- Pumpkin and sunflower seeds (1/4 cup = 6-7 grams)
- Peas, Lentils, Beans (1/2 cup = about 7 grams)
- Quinoa (1/2 cup cooked = 4 grams)
- Farro (1/3 cup cooked = 7 grams)
- Seitan (3 ounces = 20 grams)
- Tofu (1/2 cup = 10 grams)
- Soy, Pea, rice, hemp protein powders
(1 scoop = 15 to 23 grams, check the individual product's nutrition label)

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Tips to help increase calories in your diet

- ✓ Eat 3 meals and 3 snacks daily. Smaller meals may be more appealing.
- ✓ Drink liquids **after** meals to prevent feeling full too quickly.
- ✓ Set up a schedule of times to eat or set a timer for reminders, as you may not remember to eat if you don't feel hungry.
- ✓ Try adding extra calories to your food:
 - Use butter, oil or cream for sources of added fats. Plant-based fats such as oils, avocado, or humus are a preferred source of fat rather than fats from animal sources.
 - Add nut butters to foods as tolerated.
 - Consider adding gravy, sauces, salad dressing, mayonnaise, or sour cream to foods you are eating.
 - You may also add some sweeteners (sugar, brown sugar, maple syrup and honey) to foods like hot cereal or beverages like tea.
- ✓ Try full fat dairy products as tolerated (milk, yogurt, cream cheese, cottage cheese, ice cream).
- ✓ Drink calorie and protein-rich liquid nutritional supplements (Such as Boost Plus®, Ensure Enlive®, or Carnation Instant Breakfast®: Look for supplements that contain at least 250-350 calories and 10 grams of protein or more per serving.)

Recipe Ideas

Listed below are recipes for a variety of high-calorie shakes. These can help increase the calories and protein in your diet.

- To maximize the calories, try using half and half, whole milk, ice cream or dry milk powder in your homemade shake.
- Liquid nutrition supplements such as Ensure Enlive®, Boost Plus® or a generic version can be used as the main liquid ingredient in your shake.
- If lactose intolerance is a concern you may try lactose-free products as substitute.
- **If portion sizes of shakes are overwhelming**, break it up into 2 or 3 small servings and drink it between meals.

Basic Recipe: High Calorie Homemade Milkshake

Yield: 12 Ounces (about 1 and ½ cups)

380 calories, 28 grams protein

½ cup ice cream, smooth any flavor

8 ounces whole milk

1 scoop whey protein powder

Add all ingredients to blender: blend until smooth.

Optional additions: ½ cup fruit, 1-3 tablespoons flavored syrup or extracts, honey, oil, and/or nut butters

Orange Sherbet Shake

Yield: 16 Ounces (about 2 cups)

380 calories, 26grams protein

1 cup orange sherbet

¾ cup whole milk

½ cup frozen berries

1 scoop vanilla protein powder

Add all ingredients to blender: blend until smooth.

Chocolate Peanut Butter Shake

Yield: 8 Ounces (about 1 cup)

750 Calories, 7grams protein

1/2 cup heavy whipping cream

1 tablespoon creamy peanut butter

2 tablespoon chocolate syrup

4 oz. chocolate ice cream

Add all ingredients to blender: blend until smooth.

Pineapple Orange Fluff

Yield: 7 Ounces (nearly 1 cup)

225 Calories, 14grams protein

6 ounces pineapple Greek yogurt

½ cup orange sherbet

Add all ingredients to blender: blend until smooth.

Classic Breakfast Shake

Yield: 10 Ounces (about 1 and ¼ cups)

340 Calories, 11grams protein

½ cup whole milk

1 cup ice cream

1 package carnation breakfast

Add all ingredients to blender: blend until smooth.

Fruity Shake

Yield: 16 Ounces (about 2 cups)

430 Calories, 20grams protein

1 cup whole milk

½ cup vanilla Greek yogurt

1 cup fresh or frozen fruit

2 tablespoons honey

Add all ingredients to blender: blend until smooth.

If you have any questions, please call the Nutrition Department at Roswell Park

716 -845-2398