

Stanford Cancer Nutrition Services



Increasing Calories and Protein

- Eat small frequent meals (6-8 times per day).
- Every bite & sip counts.
- Eat a variety of foods – colors, textures, flavors.
- Carry food with you at all times to enjoy while waiting in line, traveling, driving, etc.

Cals / Pro Suggested Food Item Additions

*	*	Cheese: add to sandwiches, hamburgers, casseroles, vegetables, eggs, potatoes, etc; Cottage Cheese: add to fruits, vegetables, casseroles, gelatin, puddings Cream Cheese: add to sandwiches, crackers, and vegetables.
*	*	Milk or Cream (or any Lactose Free Milk): use in place of water for hot cereals or soups; drink plain or with flavorings; try buttermilk to cut the sweetness of milkshakes. Powdered milk: add to regular milk, shakes, casseroles & soups for a protein boost.
*	*	Eggs: Add chopped, hard-cooked eggs to salads & casseroles, or just eat alone. Add an extra egg (or egg substitute) to French toast or pancake batter, quiches, custards or egg sandwich spread.
*	*	Ice Cream: use with beverages to make shakes/smoothies. Eat with fruits, gelatin desserts, pies & cookies.
*	*	Peanut Butter (or other nut butters): Add to sandwiches, muffins, crackers, waffles, and milkshakes. Use as a dip for vegetables or fruit slices.
*	*	Nuts/Seeds/Wheat Germ: Eat alone as a snack; or add to ice cream, yogurt, muffins, pancakes, meatloaf, vegetable dishes, salads or sauces.
*	*	Yogurt: Eat as a snack; or add to fruits, desserts & smoothies; eat with cereal.
*	*	Meats/Fish/Tofu: add to sauces, casseroles, & salads; Use breaded varieties for more calories; Serve with gravy or sauce or an bigger calorie boost
*	*	Supplements: try Instant Breakfast mixes with milk or other beverage; Commercial liquid supplements can be found in a variety of flavors – consumed alone or added to shakes
*		Fruits & Vegetables: Add fresh, canned or dried fruit to desserts or shakes; Add fruit preserves or pureed fruit to hot cereal. Use veggies in soups, casseroles & sauces. Enjoy <u>avocados</u> alone or in salads.
*		Breads & Cereals, etc: Add cereals, waffles, pancakes or French toast to your menu; use rice or noodles in casseroles & soups; enjoy bread or rice puddings.
*		Fats: Add butter/margarine or <i>oil</i> to hot cereal, rice, noodles, vegetables; do the same with sour cream on potatoes, in soups, casseroles, meat/fish dishes & sauces; Add mayonnaise or <i>avocado</i> to sandwiches; Use whipped cream on desserts, pancakes/waffles or in shakes. Add any nut-butter as a snack with crackers or in a shake if dry mouth is a challenge.
*		Sugars: Add honey & syrups to hot cereals, shakes, desserts, yogurts, or sauces
*	*	Beverages: Choose juices, soda, nectars, sports drinks, milk, soymilk, etc, instead of water.... Dilute if necessary.