

Practical Ideas for Increasing Calories and Protein / Suggestions Meal by Meal

Breakfast

- Scramble 1 jumbo size **egg** with 1 slice of **cheese** in butter or olive oil (230 calories, 12 grams protein).
- Make ½ cup **hot cereal** with ½ cup **whole milk** (155 calories, 7 grams protein). Add 1 tablespoon **maple syrup** and 1 teaspoon of **butter** (245 calories, 7 grams protein) or mix in 2 tablespoons of **peanut butter** (345 calories, 15 grams protein). **Flavored hot cereals**, such as strawberries and cream or maple brown sugar, have even more calories. Consider adding 3 tablespoons of **coconut** for an additional 100 calories.
- Mix 6oz strawberry **yogurt** with 1/3 cup **powdered milk** and ½ cup blueberries (300 calories, 14 grams protein).
- Spread 2 tablespoons of **peanut butter** and 1 teaspoon **jelly** on a toasted **English muffin** (330 calories, 12 grams protein).
- Mix 1/3 cup of **dry milk powder** into 8 ounce glass of **whole milk** (230 calories, 16 grams protein). Can also add 2 tablespoons **chocolate syrup** (330 calories, 16 grams protein).
- Drink 1 cup of **nectar or juice** (120-150 calories).
- Add 1 tablespoon of **butter** and 1 tablespoon of **honey** to 2 pieces of **toast** (320 calories, 4 grams protein).
- Choose ½ cup **granola** with ½ cup **whole milk** (285 calories, 10 grams protein).

Lunch/Dinner

- Mix ½ cup of **oil-packed tuna fish** or **chopped chicken** and 2 tablespoons of **mayonnaise**. Add 2 tablespoons chopped onion and celery (350 calories, 22 grams protein).
- Roll up 1 slice lunch **meat** and 1 slice **cheese** with 1 teaspoon **mayonnaise** (200 calories, 10 grams protein).
- Make a grilled cheese sandwich with 2 pieces of **cheese** on 2 pieces of bread smeared with 2 teaspoons of **butter** or **margarine** (450 calories, 16 grams protein).
- Make a peanut butter and jelly sandwich with 3 tablespoons of **peanut butter** and 2 teaspoons **jelly** (480 calories, 16 grams protein).
- Choose 1 cup **lentil or split pea soup** (165 calories, 9 grams protein). Add ¼ cup **coconut milk** to soup for an additional 120 calories.
- Use extra **salad dressing** on salad or vegetables.

- Choose **cream soups** such as cream of mushroom, cream of broccoli or cream of tomato.
- Add **butter or margarine** to pasta, rice, potatoes, or vegetables.
- Add **cheese** to vegetables, rice, or pasta.
- Toss 1 tablespoon **olive oil** with **pasta** before adding sauce (adds 120 calories)
- Stir **half and half or light cream** into tomato sauce to create a “pink sauce.”
- Choose **meat loaf, meatballs, breaded chicken or fish patties** for a good source of both calories and protein.
- Use **whole milk** in recipes instead of water.
- Cook 6 ounces of **fish** in a **lemon/oil** reduction (680kcal, 28gm protein)
- **Sweet potato** with oil and honey (220 calories, 1gm protein)

Snacks

- Combine ¼ cup **mixed nuts** with ¼ cup **dried fruit** (260 calories, 6 grams protein).
- Mix 6 ounces **fruited yogurt** with ½ cup **granola** (360 calories, 12 grams protein) or with 2 tablespoons **wheat germ** (205 calories, 10 grams protein). Use full fat Greek yogurt for an extra 9 grams protein.
- Add 1 tablespoon of **nut butter** to **fruit** for an additional 100 calories.
- Dip 5 stone ground crackers in 2 tablespoons of guacamole (130 calories, 3 grams protein).
- Choose ½ cup **custard** (150 calories, 7 grams protein).
- Eat ½ cup **cottage cheese** with ½ cup **canned fruit in heavy syrup** (200 calories, 13 grams protein).
- Drink a nutrition supplement such as **Ensure Plus** or **Boost Plus** (350 calories, 13 grams protein) or **Carnation Breakfast Essentials** made with **whole milk** (280 calories, 13 grams protein).
- Eat a **hard-boiled egg** (80 calories, 6 grams protein).
- Eat ½ cup of **premium ice cream** (e.g. Haagen Daaz® or Ben & Jerry's®) (270 calories, 4 grams protein).

Food	Serving Size	Calories	Protein (grams)
Full fat Greek yogurt (e.g. Fage)	7 oz	190	18
Whole milk cottage cheese	½ cup	110	13
Low fat Greek yogurt (e.g. Chobani, Oikos)	5.3 oz	130	12
Peanut butter	2 tbsp	180	8
Whole milk	1 cup	150	8
Dry milk powder	1/3 cup	90	8
Beans	½ cup	130	7
Red meat	1 oz	75-100	7
Cheese	1 slice	70-100	7
Chicken, turkey or fish	1 oz	35-55	7
Nuts	¼ cup	170-200	6
Low fat fruited yogurt	6 oz	150	6
Egg	1 large	80	6
Frozen yogurt	½ cup	90	3
Wheat germ	1 tbsp	27	2
Butter, margarine, or oil	1 tbsp	135	0
Heavy cream	2 tbsp	100	0
Mayonnaise	1 tbsp	100	0
Chocolate syrup	2 tbsp	85	0
Jam or jelly	1 tbsp	80	0
Honey	1 tbsp	65	0
Agave nectar	1 tbsp	60	0
Light cream	2 tbsp	60	0
Dried fruit	¼ cup	60	0
Cream sauce	¼ cup	55	0
Avocado	2 tbsp	50	0
Cream cheese	1 tbsp	50	0
Maple syrup	1 tbsp	50	0
Sugar	1 tbsp	48	0
Olives	5	45	0
Half and half	2 tbsp	40	0
Whipped cream	¼ cup	32	0
Grated cheese	1 tbsp	28	0

oz = ounce, tbsp = tablespoon. Above are approximates. Actual nutrition content may vary by brand and portion size.

Contact Information:

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