

High Energy & Protein Diet

Some people with Lung Disease need to gain weight

- Extra energy and protein in your diet may help stop weight loss and may help you to gain some weight back

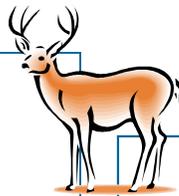
General Tips:

- Eat from all 4 food groups
- Eat small frequent meals
- Try having snacks between meals
- Avoid filling up on liquids like tea, coffee, broth and juice
- Limit foods that have little nutritional value such as chips, pop, candy, cookies, bacon, hotdogs, french fries, etc.
- Do not use foods that are labelled light, calorie reduced or low calorie
- Try eating high protein and energy foods at each meal



High Protein Foods

- Cheese
- Powdered milk
- Eggs
- Meat
- Yogurt
- Peanut Butter
- Nuts and seeds (non-salted)
- Beans (brown, kidney, white etc)
- Fish



High Energy Foods

- Cheese
- Whole milk
- Non-hydrogenated margarine & oil
- Salad dressing
- Mayonnaise
- Cream soups



Tips for adding protein and energy to your diet

- Melt cheese on meats, casseroles, vegetables and add to sandwiches, soups and salads
- Powdered milk can be added to cereal, mashed potatoes, soup, sauces, casseroles, scrambled eggs and puddings
- Add beans to soups and casseroles
- Add non-hydrogenated margarine to sandwiches, crackers, potatoes, noodles and vegetables

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High protein and energy snack ideas

- Cheese and crackers
- Peanut butter and crackers
- Bagel/bun with peanut butter or cream cheese
- Bannock with non-hydrogenated margarine
- Vegetables with dip
- Hard boiled egg
- Half a sandwich (tuna, egg, meat, peanut butter)
- Pudding made with milk
- Yogurt with granola
- Cereal with whole milk
- Tuna and crackers
- Milkshakes
- Nutrition supplements



If you are not well enough to eat a meal try a healthy shake instead!

High Energy Milk

- 1 cup whole (homogenized) milk
- 1/4 cup of powdered whole milk

Combine ingredients in blender

Makes 1 serving

High Protein Shake

- 1 packet of Carnation Instant Breakfast Essentials
- 1 cup whole (homogenized) milk
- 1/4 cup of powdered whole milk

Combine ingredients in blender

Makes 1 serving

Yogurt & Fruit Shake

- 1 cup of fruit
- 1 cup of fruit flavored yogurt
- 1 cup of whole milk
- 3 ice cubes

Blend the fruit, milk and yogurt in a blender
Add ice and blend until mixed well

Makes 2 servings

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