

## Ways to Increase Calories and Protein

This *Health Facts for You* will give you some tips to increase calories and protein in your diet.

### Tips

Spread nut butter (peanut, almond, cashew, soy, hazelnut) on crackers, apples, bananas, bread/toast, waffles, pancakes, muffins or mix in smoothies, yogurt, hot cereal.

- 2 Tbsp of nut butter = 200 calories, 7g protein

Add nuts or dried fruit to hot or cold cereal, yogurt, cottage cheese, ice cream, salads, rice or grain dishes, pudding, waffles, pancakes or baked goods like muffins, breads, cookies.

- ¼ cup dried fruit = 100-150 calories
- ¼ cup nuts = 150-200 calories, 9g protein

Add extra olive oil to cooked vegetables, rice, pasta, salad dressings or sauces.

- 1 Tbsp oil = 100 calories

Add butter or margarine to bread or toast, muffins, pancakes, waffles, rice, pasta, hot cereal, sauces, cooked vegetables, mashed potatoes. Melt and combine with herbs to serve on cooked meats, fish, or poultry.

- ½-1 Tbsp butter/margarine = 50-100 calories

Use regular salad dressing on sandwiches, as a dip for raw veggies, add to cooked veggies, stir into rice or pasta dishes.

- 2 Tbsp = 200-250 calories

Spread mayo on sandwiches or wraps, use to make tuna or chicken salad, pasta salad.

- 1 Tbsp = 60 calories

Use sour cream on baked potatoes or mix into mashed potatoes, put on tacos or stir into soups.

- 2 Tbsp = 50 calories

Spread hummus on pita bread or as a dip for raw veggies or pretzels.

- 2 Tbsp = 50 calories, 5g protein

Add avocado to sandwiches, wraps, hamburgers, Mexican dishes, salads or eat tortilla chips with guacamole.

- Avocado slices (1/8th of a whole avocado)
- 2 Tbsp guacamole = 50 calories

Use honey on bagels, toast, mix in with hot cereal, add into smoothies, mix into yogurt or cottage cheese.

- 1 Tbsp = 65 calories

Spread cream cheese on bagels, toast, sandwiches or use as dip for veggies, fruit, or pretzels.

- 2 Tbsp = 100 calories, 2g protein

Add sliced cheese to crackers, sandwiches, wraps, hamburgers, toast or bagel.

- 1 slice or ¼ cup (1 oz) = 100 calories, 6g protein

Sprinkle cheese on mashed potatoes, cooked vegetables, casseroles, pasta, rice, or eggs.

Switch to full fat dairy products. Use:

- 2% or whole milk
- Full fat or whole milk yogurt
- Regular cheese
- Sour cream
- Cream cheese
- 4% milk fat cottage cheese

Use milk in place of water to make hot cereal, pudding, hot cocoa, soup, or smoothies to add 100-150 calories.

For a milk boost: Mix 1 quart whole or 2% milk with 1 cup nonfat dry milk powder. Use this in recipes or drink as is.

- If using whole milk, 8 oz serving = 275 calories, 14g protein.
- If using 2% milk 8 oz serving = 220 calories, 14g protein

Add nonfat dry milk powder to cooked cereal, casseroles, scrambled eggs, mashed potatoes, sauces, soups, pudding, pancake, or waffle batter.

- 1/3 cup = 100 calories, 8g protein

Add heavy cream to mashed potatoes, creamy pasta dishes, soups, hot cereal, smoothies, or pudding.

- 2 Tbsp = 100 calories

Add extra eggs or egg white powder to waffle, French toast, pancake, or cookie batter. Cooked eggs can be added to salads or eaten as a snack.

- 1 egg = 90 calories, 7g protein
- 1 Tbsp dried egg whites = 20 calories, 4g protein

Add shredded coconut to baked goods like cookies, bars, muffins, trail mix, smoothies. Add to ice cream, yogurt, or cereal. Use canned coconut milk or butter in recipes or to prepare smoothies.

- 1 cup coconut milk = 400 calories, 4g protein.
- 3 Tbsp shredded coconut = 50 calories
- 1 Tbsp coconut butter = 100 calories, 1g protein

Sprinkle wheat germ on yogurt, pudding, oatmeal, ice cream or mix in smoothies. Add to pancake, waffle, or muffin batter, cookie,

or breads dough. It also a nice topping vegetables or casseroles.

- 2 Tbsp = 50 calories, 4g protein

Add chia or flax seeds (ground/whole) to yogurt, smoothies, or baked goods.

- 2 Tbsp chia seeds = 140 calories, 5g protein

Switch to higher calorie cereal – look for products that have 200 calories in ½-1 cup serving.

- Example: ½ cup granola, Grape nuts<sup>®</sup>, muesli = 200 calories, 5-8g protein

Add ¼ cup granola to yogurt, ice cream, pudding, or cottage cheese for an extra 100 calories, 2g protein.

Sip on drinks with calories at or between meals – milk, lemonade, juice, hot cocoa with milk, soda, flavored waters, liquid nutrition supplements like Boost<sup>®</sup>, Ensure<sup>®</sup>, Ensure Clear<sup>®</sup>.

Add fruit concentrate or fruit juice concentrate to water or carbonated water.

- 1 Tbsp = 50 calories

Choose canned fruit with syrup – mix with yogurt, cottage cheese, hot cereal or add to smoothies.

### **Who to Call**

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below.

You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical  
Foundation (UWMF) can be reached at:  
**(608) 287-2770.**

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#554