

## Meal Tips to Increase Protein and Calories

Eating Suggestions From  **Med Diet.**

### Weight Gain and Maintenance

Adding calories and protein to the diet can be important to maintaining good health. The following suggestions should help in meal planning (but use only those items permitted on your diet). Using commercial products can be a convenient way to supplement the diet. Try to avoid serving “empty calorie” foods such as coffee, soda pop, candy, cookies and gelatin. These can spoil the appetite. Make every bite count!

#### For Extra Protein, Eat More:

Eggs	Milk
Lean Meats	Cheese
Nuts	Peanut Butter / Nut Butter

#### Add Extra Butter or Margarine to:

Rice	Pasta Dishes
Cooked Cereal	Potatoes
Vegetables	Sandwiches

#### Add 1-2 Tablespoons of Nonfat Dry Milk to:

Muffins	Cream Soups
Casseroles	Meatloaf
Custard	Cooked Cereal
Milk Shakes	Yogurt

#### Spread Peanut Butter or Cream Cheese on:

Fruit Slices	Crackers
Muffins	Pancakes
Graham Crackers	Pretzels

#### Add Cheese to:

Mashed Potatoes	Soups
Mashed Potatoes	Casseroles
Sandwiches	Vegetables
Meatloaf	

#### Add Raisins, Dates or Chopped Nuts to:

Hot Cereals	Homemade Muffins
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**Eat More Often** – 2-3 hours after each main meal eat a high calorie/high protein snack

### Dysphagia

Swallowing difficulties can be both challenging and frustrating when it comes to either eating or drinking. Med-Diet carries the broadest variety of special thickeners, foods, resources and adaptive eating utensils under one location at [www.Dysphagia-Diet.com](http://www.Dysphagia-Diet.com). Check out not only the product selection but also; books, food preparation video clips, recipes and other helpful hints.

Brands Include:

Thick & Easy<sup>®</sup> ● Thick-It<sup>®</sup> ● ThickenUp<sup>®</sup> ● Thik & Clear<sup>®</sup>

RESOURCE<sup>®</sup> ● Aquacare H<sub>2</sub>O ● Simply Thick

Product Selections:

- Thickeners – powders and liquid
- Ready-to-drink thickened drinks and drink mixes
- Foods Mixes
- Protein/calorie food enhancers
- Convenience pureed foods
- **Adaptive eating dishes, cups and utensils**

## COMMERCIAL SUPPLEMENT PRODUCTS\*

The following convenient items can help make meal planning easier. Some, food items can be substituted directly for the standard food item. Powdered products can be mixed into foods at mealtime. Liquid supplements can be served as between meal snacks or in place of water when taking pills and medicines.

*\*Not all may be suitable for every medical condition or with all medications. Consult your health care provider if you have any questions.*

Product	Serving Size	Calories	Protein (g)	Comments
<b>FOODS</b>				
Hormel solution™ Herb-Ox® High Protein Broth Mix	6 fl oz	150	10	Beef or Chicken flavor. Use for broth, gravy, or soup base and to replace broth in recipes.
Prosource™ Gelatine	4 fl oz	88	20	Orange or Fruit Punch flavor. Suitable for carbohydrate controlled diets.
<b>POWDERED SUPPLEMENTS – General Use</b>				
Product	Serving Size	Calories	Protein (g)	Comments
Procel® Instant Protein Powder	6.6g	28	5	Neutral flavor. Protein powder (whey) to add to foods and beverages
ProPass® Protein Supplement	8g (4 tsp)	30	8	Neutral flavor. Protein powder (whey) to add to foods and beverages
Beneprotein® Instant Protein Powder	7g (1½ Tbsp)	25	6	Neutral flavor. Protein powder (whey) to add to foods and beverages
<b>LIQUID SUPPLEMENTS</b>				
Benecalorie®	1.5 fl oz	330	7	Liquid supplement with whey protein to add to foods and beverages
BOOST® Breeze Fruit Beverage	8 fl oz	250	9	Orange, Wild Berry or Peach; lactose free; clear liquid beverage
BOOST Plus® Nutritional Drink	8 fl oz	360	14	Rich chocolate flavor. Complete nutrition in each serving of nutritional drink.
Healthy Shot™ Beverage High Protein	2.5 fl oz	110	12	Peach flavor. Consume alone or mixed into foods.
Healthy Shot™ Beverage High Protein Double	2.5 fl oz	110	24	Peach or Tropical flavor. Consume alone or mixed into foods.
LiquaCel™ Concentrated Liquid Protein	1 fl oz	70	16	Grape or Orange flavor. Sugar-free with added L-arginine. Consume alone mixed into foods.
Med Pass® 2.0	8 fl oz	480	20	Vanilla or Butter Pecan flavor beverage; suitable for lactose free diet.
Proteinex® 15 Original	1 fl oz	60	15	Consume alone or mixed into foods.
Proteinex®	1 fl oz	100	18	Cherry flavor. Consume alone or mixed into foods.
Proteinex® 18	1 fl oz	72	18	Grape, Lemon-Lime or Orange flavor. Consume alone or mixed into foods.

(All data is compiled from the manufacturers' literature and may be subject to change without notice)

**Order Toll-Free or On-Line**

**1-800-633-3438**

**[www.Med-Diet.com](http://www.Med-Diet.com) or [www.Dysphagia-Diet.com](http://www.Dysphagia-Diet.com)**