

High-Calorie/High-Protein Diet

Part 1



Principles of the Diet

1. *Eat frequently.*
2. *Eat foods high in both protein and calories.*
3. *Eat foods high in calories.*
4. *Eat a variety of foods.*

Dietitian: _____

Telephone: _____

St. Luke's Episcopal Hospital
Texas Medical Center/Houston, Texas

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Eat Frequently

Eat at least four to six times each day.

Eat three regular meals daily. In addition, eat a snack in the morning, the afternoon, and before bedtime.

Eat Foods High in Both Protein and Calories

Meats: Cold cuts, deviled ham, fish, fish packed in oil, fried or breaded meat, hot dogs, poultry, sausage

Milk and Milk Products: Cheese, cream soup, ice cream, milk shakes, pudding, whole milk, and yogurt of any kind

Eat Foods High in Calories

Vegetables: Buttered, creamed, or fried

Fruits: Sweetened in heavy syrup

Quick Breads: Biscuits, cornbread, French toast, muffins, pancakes, and waffles

Desserts: Cakes, coffee cakes, pastries, and pies

Fats: Cream cheese, creamed or cheese sauces, gravy, margarine, mayonnaise, and sour cream

Eat a Variety of Foods

Bread, cereals, fruits, meat, milk, and vegetables