

Section 10: High Calorie and Protein Interventions

High Calorie and Protein Foods List

The Center for Medicare and Medicaid Services (CMS) suggests that “with any nutrition program, improving intake via wholesome foods is generally preferable to adding nutritional supplements”. Once the individual is assessed to determine the amount of calories and protein needed in the diet, the Registered Dietitian or Dining Services Manager will develop nutritional interventions based on the individual’s preferences and needs. Selections from the following three categories can be utilized to add calories and/or protein to the diet.

Fortified Enhanced Power Foods providing additional calories and protein (recipes can be found in the Appendixes):

- Cheesy Eggs
- Fortified Hot Chocolate
- Fortified Milk Shake
- Fortified Soup
- Juice Shake
- Milk Shake
- Orange Creamsicle
- Power Potatoes (from instant potatoes)
- Power Potatoes (homemade)
- Super Cereal
- Super Pudding

Foods/Snacks suggested to add calories and/or protein:

- Cake
- Cheese/Cottage Cheese
- Chocolate/Flavored Milk
- Cookies
- Dry Cereal
- Ice cream, ice cream bars
- Pie
- Pudding
- Snack crackers
- Yogurt

Food Items/Ingredients to add additional calories:

Some individuals primarily need to increase calories in the diet, but have difficulty consuming additional volume. This may be the case for persons with decreased appetite, undernutrition, unintentional weight loss or other conditions. The following are suggestions of ways to increase calories by adding ingredients to foods already offered at the meal.

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Ingredients	Food Items
Margarine or Butter	Add margarine or butter to vegetables, hot cereals, potatoes, rice, noodles, soups, scrambled eggs
Mayonnaise	Spread on sandwiches, use in meat salad
Cream Half and Half	Use in soups, cereals, casseroles, puddings, milk shakes, hot chocolate, gravy
Sour Cream	Add to mashed potatoes and casseroles
Honey	Add to fruit, cereals and beverages
Corn Syrup	Add to juices, fruits and beverages
Jam and Jelly	Add to breads and rolls
Cheese	Add to potatoes, casseroles, vegetables, salads and scrambled eggs
Non-Fat Dried Milk	Add to potatoes, soups, casseroles
Brown Sugar and Sugar	Sweeten cereals and fruits
Whipped Cream	Top desserts, fruits, puddings, hot chocolate, brownies and gelatin

Note: The interventions above can be added as a part of the individual's plan of care. It is not necessary to have a diet order to implement the interventions outlined above.