

# Power Packing

## High Calorie, High Protein



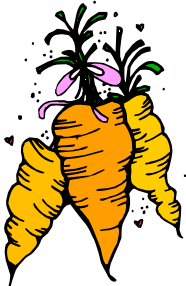
Good nutrition is important to promote good health, especially during an illness. The power packing eating plan is for individuals that require calories and protein in amounts greater than recommended for the average person, i.e., after surgery (when the body needs to build and repair tissues), during recovery from prolonged illness or malnutrition or when fighting infection.

**Power packing** is increasing the amount of calories and protein in food without increasing the volume of food you eat. The easiest way to power pack foods is to add fat and sugar to foods you already eat and increase your intake of high protein foods. Calories (from fat and carbohydrates) are necessary for energy. Protein provides for tissue growth and repair. Both are needed in adequate amounts for the body to recover.



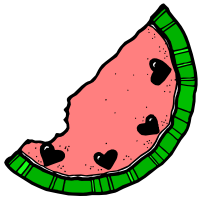
When the appetite is poor, any source of calories and protein is better than not eating. The following suggestions may help improve your intake.

- Take fluids ½ to 1 hour before or after meals, but not at mealtime. Fluids taken with meals can limit available stomach space for “food” items and make you feel too full.
- Small, frequent (6 – 8 times per day), non-rushed meals are better tolerated than 3 large meals.
- Eating in a pleasant atmosphere with good company will help increase intake.
- Use variety and creativity. It is hard to look forward to meals if you eat the same things every day. Garnish meals to make them look attractive.
- Have nutritious snacks readily available to eat whenever you are hungry.
- Light exercise (per physician approval) before a meal may help increase your appetite.
- Eat your favorite foods any time of the day.
- Take advantage of the times when you feel hungrier.



### Milk and Milk Products

- Fortified milk recipe: to one quart of regular milk—add 1 cup instant non-fat dry milk. Mix until powder dissolves (approx. five minutes). Refrigerate, the flavor usually improves after several hours. Use this milk for cooking and if tolerated, for drinking.
- Add two tbsp. of non-fat dry milk powder to regular milk in baking recipes or any recipes that use milk.
- Add milk powder to hot cereals, scrambled eggs, coups, gravies, ground meat (meat patties, meatballs, meatloaf), casserole dishes and desserts (i.e., custard, pudding, etc.)
- Use whole milk or ½ & ½ instead of water when making cream soups, hot cereal, instant cocoa, and in custards, pudding, etc. Use regular yogurt instead of the “lite” or low-fat



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- Whole milk, milkshakes, malts, eggnogs, instant breakfast drinks, supplemental products (Ensure, Boost, etc.) are good choices for beverages instead of coffee, tea, water or diet pop (which don't provide any calories or protein but are filling).
- Add cream sauces to vegetables and other dishes.
- Serve sour cream with baked potatoes and vegetables.

### **Meat and Meat Substitutes**

- When preparing meats, breading and frying will increase calories as well as serving meats with gravies and cream sauces.
- Increase meal variety or include in snacks: cheese / crackers, nuts, peanut butter / crackers, hard cooked eggs, or deviled eggs.
- Peanut butter works well on toast, crackers, pancakes, waffles, celery sticks, apple or banana slices or anything else that sounds good.
- Sandwich quarters offer a change for meals and snacks: tuna or tuna salad, chicken, ham or egg salad, luncheon meat and cheese, peanut butter, etc.
- Add diced or ground meat to soups and casseroles.
- Add grated cheese or cheese chunks to sauces, vegetables, soups or casseroles.
- Melt cheese on sandwiches, bread, muffins, tortillas, bagels, hamburgers, eggs, and desserts.
- Add cooked cubed shrimp, canned tuna, crab meat, diced ham or sliced boiled eggs to sauces and serve over rice, cooked noodles, toast or hot biscuits.
- Different types of quiche, omelets or souffles can offer meal variety.
- Add chopped, hard-cooked eggs to salads, dressings, vegetables, casseroles, and creamed meats.
- Regular cottage cheese (not low fat or fat-free)

### **Fruits and Vegetables**

- Add calories by drinking fruit juices instead of water.
- Fruits packed in heavy syrup have more calories than fruits packed in lite syrup or their own juice.
- Dried fruits are concentrated sources of calories.
- Scoop sour cream onto fresh fruit and top with brown sugar (let sit for awhile in the refrigerator before serving). Whipped cream is great on fruits.
- Serve butter, margarine and salad dressings with cooked or fresh vegetables. Buttering warm vegetables adds high amounts of calories and enhances taste. Dressings such as Bleu Cheese, Thousand Island, Roquefort etc. increases calories in fresh vegetable salads as well as adding dried fruits, nuts, bacon bits, cheese and cold meat chunks.

### **Breads, Cereals and Pastas**

- Butter toast when hot so it will melt and more can be used. Cinnamon toast, pancakes, waffles, muffins, biscuits and French toast are good breakfast alternatives.
- Use jams, jellies, honey, cream cheese to increase calories.
- Use sauces when serving pasta.
- Serve saltine, graham or variety crackers with cheese, butter, meat slices, peanut butter or cream cheese.
- Serve abundant amounts of butter / margarine/ sour cream or olive oil with potatoes. Add butter to mashed potatoes served with gravy.
- Add butter or olive oil to rice dishes.
- Granola cereals are generally higher in calories. Eat with whole milk or whole milk yogurt, etc. or eat plain as a snack.

## Fats

- Add olive oil to eggs, fried foods, salads.
- Butter or smart butter ( both high in calories and fat) are better sources of fat.

## Other Suggestions

- Add honey to toast, hot or cold cereal or use to sweeten hot drinks.
- Add Ranch Dressing mix to plain yogurt or sour cream for a vegetable dip.
- Add whipped cream to pies, fruit, puddings, hot chocolate, gelatin and other desserts.
- Add marshmallow to fruit or hot chocolate.
- Add powdered coffee creamers to gravies, soups, milkshakes, or hot cereals.
- Mix raisins, gum drops, mixed nuts, chocolate chips and cold cereal or granola for a different snack.
- Make higher calorie cookies by adding extra nuts, chocolate chips, raisins, etc.
- Sprinkle nuts or seeds on fruit, cereal, ice cream, yogurt and vegetables, salads. Grind and use in place of breadcrumbs.
- Sandwich ice cream or frozen yogurt between cake slices, cookies, or graham crackers.
- If something sounds good, eat it. Prepare extra food that can be frozen so food will be available when you don't feel like cooking.

## Muscle Milk

1 cup whole milk

2 tbsp dry skim milk powder

Mix together. Serve cold. Yield = 1 cup (210 calories)



## Comparison of Regular, Power packed and Super Power Packed Meals and Snacks

Regular		Power Packed		Super Power Packed		Heart Healthy Power Packed	
Breakfast	Calories	Breakfast	Calories	Breakfast	Calories	Breakfast	Calories
½ c. 2% milk	60	½ c. whole milk	80	½ c. muscle milk*	107	½ c. 2% milk	61
½ c. oatmeal, made w/ water	104	½ c. oatmeal, made w/whole milk	180	½ c. oatmeal, made w/ half & half	264	½ pkg Carnation Instant Breakfast	65
1 tsp sugar	16	1 tsp sugar	16	1 tsp marg + 1 tsp sugar	61	½ c. oatmeal w/ 1 tbsp skim milk pdr	88
1 slice toast	70	1 slice toast	70	1 slice toast	70	1 tsp raisins + 1 tsp brn sugar	79
1 tsp margarine	45	1 tsp margarine + 1 tbsp jelly	100	1 tsp peanut butter + 1 tbsp jelly	141	1 slice wheat toast + 1 TBSP jam	114
½ c. pears, juice pack	62	½ c. pears, light syrup	72	½ c. pears, heavy syrup	94	1 tsp marg + 1 tbsp peanut butter	128
Total calories	357	Total calories	518	Total calories	737	½ c. pears	127
Mid-Morning Snack		Mid-Morning Snack		Mid-Morning Snack		Mid-Morning Snack	
½ c. orange juice	56	½ c. orange cow*	80	½ c. orange frappe*	97	Frozen yogurt on a Stick	131
						2 tsp orange juice cone + ½ c. fat-free yogurt	
Lunch		Lunch		Lunch		Lunch	
½ c. punch	48	½ c. apple juice	58	½ c. grape juice	76	½ c. grape juice	76
½ grilled cheese sandwich		½ grilled ham / cheese sand		½ grilled ham / cheese sand		½ sand: 1 slice wheat brd + 1 oz lean ham	
1 slice bread	70	1 slice bread + 1 tsp marg	115	1 slice bread + 2 tsp marg	165	+ 1 oz mozzarella cheese + 1 oz avocado +	
1 oz cheese	106	1 oz ham + 1 oz cheese	214	1 oz ham + 1 oz cheese	214	1 tsp ranch salad dressing	279
1 tsp margarine	45	¾ c. tomato / macaroni soup made		¾ c. tomato macaroni soup made w/ half		1 raw carrot	31
¾ cup tomato soup (w/ 2% milk)	100	w/whole milk / ¼ c. macaroni	170	& half, ¼ c. mac, 1 oz grated cheese	294	½ c. condensed tomato soup + ¼ c. 2%	
1 oz potato chips	159	1 oz pot chips w/1 tbsp c/cheese dip	194	1oz pot chips w/ 1 tbsp sour crm dip	244	milk and ¼ c. macaroni	535
Total calories	528	Total calories	751	Total calories	988	Total calories	535
Mid-Afternoon Snack		Mid-Afternoon Snack		Mid-Afternoon Snack		Mid-Afternoon Snack	
½ cup 2% milk	60	½ c. whole milk	80	½ c. muscle milk *	107	½ c. 2% milk + ½ pkg Inst Bkft	126
2 graham crackers	60	2 graham crackers w/ 1 tbsp p/butter	146	2 graham crackers		2 graham crackers + 1 tbsp peanutbutter	
				w/ 1 tbsp peanut butter, 1 tbsp jelly	201	and 20 chocolate chips	206
Dinner		Dinner		Dinner		Dinner	
½ cup 2% milk	60	½ c. whole milk	80	½ c. muscle milk*	107	(Total calories 584)	
1 baked chicken drumstick	112	1 fried chicken drumstick	120	1 fried chicken drumstick	120	½ c. 2% milk + ½ pkg Inst Bkft	126
½ baked potato	48	½ c. mash pots (made w/marg and		½ c. mash pots (made w/ marg, half &		2oz bkd chicken rolled in 1 tsp nonfat	
1 tsp margarine	45	whole milk, served w/ 2 tbsp gravy	176	half, served with 4 tbsp gravy	278	yogurt + 1 tsp chopped walnuts	170
½ cup peas	62	½ c. peas w/ 1 tsp marg	107	½ c. peas w/ ¼ c. cream sauce	136	½ c. mash pots, made w/ 2 tbsp	
1 baked apple w/cinnamon	96	½ c. apple crisp	302	½ c. apple crisp w/ 1 tsp whip crm	354	evaporated skim milk + low fat gravy	92
Total calories	423	Total calories	785	Total calories	995	½ c. peas w/ ¼ oz chopped almonds	100
						½ c. bkd apples + 1 tbsp raisins	96
Bedtime Snack		Bedtime Snack		Bedtime Snack		Bedtime Snack	
½ cup sherbet	118	½ c. ice cream	135	½ c. ice cream, 2 tbsp strawberry top	205	½ c. lowfat fz yogurt + 2 tbsp jam	166
Total Calories for the Day	1,602	Total Calories for the Day	2,499	Total Calories for the Day	3,330	Total Calories for the Day	2,410