

Power Packing

Good nutrition is important to promote good health. The Power Packing eating plan is for individuals who need more calories and protein than the average person to stay healthy during cancer treatment, while recovering from surgery or illness, or when malnourished.

How do I power pack my favorite foods?

Some recommendations include:

Cheese

- Melt on sandwiches, meats, fish, vegetables, eggs, tortillas, bagels, bread, or muffins
- Grate into sauces, casseroles, mashed/baked potatoes, rice, or noodles

Cottage cheese

- Choose regular instead of low fat and add to:
 - Fruits or vegetables
 - Casseroles
 - Yogurt
- Blend and use:
 - As a dip
 - On potatoes

Cream cheese

- Spread on sandwiches, fruit slices, toast, bagels, crackers, muffins, or cookies
- Add to egg dishes or vegetables
- Use in sauces
- Add to casseroles

Whole milk or cream

- Use whole milk instead of 2% or skim milk
- Use in place of water in soups, hot cereals, instant puddings, pancake mix, or hot chocolate
- Serve cream sauce with vegetables
- Add powdered milk to regular milk, eggnog, milkshakes, soups, casseroles, meatloaf, cookie dough, cakes, muffins, or bread batters
- Add cream to sauces
- Use evaporated milk in a sauce or in cooking

What is Power Packing?

Power Packing increases the amount of calories and protein in food without increasing the serving size. The easiest way to power pack foods is to add fat, sugar, and other carbohydrates to your favorite meals, along with eating more high-protein foods. Calories from fat and carbohydrates are necessary for energy. Protein helps damaged tissue to grow and helps repair damage done by cancer or some treatments.

Even if you don't feel like eating, your body needs you to take in calories and protein.

These suggestions may help:



Drink fluids 30 to 60 minutes before or after meals, but NOT at mealtime. Fluids taken with meals can limit available stomach space for food and make you feel too full.*



Eat small, frequent meals (6 to 8 times a day). Eating more often and more slowly is easier on your body than eating 3 large meals.



Dine in a pleasant place with good company. It may help you eat more.



Use color and variety to make meals look more appealing.



Have nutritious snacks on hand to eat whenever you are hungry.



Exercise lightly before a meal (with your doctor's approval) to boost your appetite.



Eat your favorite foods at any time.



Take advantage of times when you feel hungry by eating.

* If you have difficulty swallowing, you may find it easier to drink liquids than to eat solids. Talk to your doctor.

Ice cream

- Compare labels to choose higher-calorie products
- Use in beverages such as sodas, supplements, and fruit whips
- Add to fruits, gelatin desserts, or pies
- Sandwich between cookies, cakes, or graham crackers
- Sprinkle with nuts, seeds, fruit, or candy; top with fudge sauce and whipped cream

Butter

- Melt into hot cereals, soups, casseroles, mashed/baked potatoes, rice noodles, pasta, cooked vegetables, pancakes, sauces, or gravies
- Spread extra on toast, rolls or bread (best done when the bread is hot)
- Add to peanut butter sandwiches
- Add to mashed potatoes and serve with gravy

Peanut butter

- Spread generously on sandwiches, toast, muffins, French toast, pancakes, fruit slices, crackers, carrot or celery sticks
- Add to sauces, milkshakes, smoothies, cookie and muffin batters, or doughs
- Swirl through ice cream, yogurt, or pudding

Eggs

- CAUTION: Raw eggs are NOT recommended because of the risk of contamination
- Add chopped, hard-cooked eggs to salads, dressings, vegetables, casseroles, or creamed meats
- Add an extra egg to recipes such as custards, French toast, muffin and pancake batter, or dough
- Cook omelets with cheese and diced meat or bacon

Meat and fish

- Add cooked meat to vegetables, salads, casseroles, soups, omelets, scrambled eggs, sandwiches, stuffing, and baked potatoes
- Bread or deep fry meat
- Serve meat with gravy or cream sauce

Breads, cereals, and pasta

- Consider having cinnamon toast, pancakes, waffles, muffins, biscuits, or French toast for breakfast
- Serve crackers with cheese, butter, meat slices, peanut butter, or cream cheese
- Choose granola cereals for more calories. Eat with whole milk or yogurt. Add raisins, chocolate chips, gum drops, or mixed nuts for extra calories
- Use sauces when serving pasta
- Add butter to pasta and rice dishes

Fruits and vegetables

- Drink fruit juices instead of water
- Choose fruits packed in heavy syrup over fruits packed in light syrup or their own juice
- Choose dried fruits as they are a concentrated source of calories
- Scoop sour cream onto fresh fruit and top with brown sugar; let sit for a while in refrigerator before serving
- Top with whipped cream or marshmallow cream
- Add butter to warm vegetables
- Eat fresh vegetables or fruit with salad dressing

Mayonnaise

- Add to salad dressing
- Spread on sandwiches and crackers
- Make vegetable dips
- Use to make meat, fish, or vegetable salads

Honey, sugar, and jam

Add to cereals, milkshakes, fruit, desserts, yogurt, toast, muffins, French toast, pancakes, cookies, or hot drinks

Healthy fats

Olives, peanuts, nuts, and avocados are good sources of healthy fats

Supplements

Ready-to-use liquid supplements are available in most large grocery or drug stores. They can be used for snacks or to supplement meals. They are a good source of protein, carbohydrates, fat, vitamins, minerals, and are convenient to use.

Examples include products like:

- Boost
- Ensure
- Resource 2.0
- Carnation Instant Breakfast
- Muscle Milk

Comparison of meals and snacks:

Regular	
Breakfast	Calories
½ cup 2% milk	60
½ cup oatmeal, made with water, and 1 teaspoon sugar	104
1 slice toast	70
1 teaspoon butter	45
½ cup pears, in juice	62
Total calories	357
Mid-morning snack	
½ cup orange juice	56
Lunch	
½ cup punch	48
½ grilled cheese sandwich 1 slice bread	70
1 ounce cheese	106
1 teaspoon butter	45
¾ cup tomato soup (use 2% milk)	100
1 ounce potato chips	159
Total calories	528
Mid-afternoon snack	
½ cup 2% milk	60
2 graham crackers	60
Total calories	120
Dinner	
½ cup 2% milk	60
1 baked chicken drumstick	112
½ baked potato	48
1 teaspoon butter	45
½ cup peas	62
1 baked apple with cinnamon	96
Total calories	423
Bedtime snack	
½ cup sherbet	118
Total calories for the day	1602

+ Power Packed	
Breakfast	Calories
½ cup whole milk	80
½ cup oatmeal, made with whole milk, and 1 teaspoon sugar	180
1 slice toast	70
1 teaspoon butter + 1 tablespoon jelly	100
½ cup pears, in light syrup	72
Total calories	518
Mid-morning snack	
½ cup orange cow (½ cup whole milk, 2 tablespoons orange juice concentrate, ⅛ teaspoon vanilla)	128
Lunch	
½ cup apple juice	58
½ grilled ham-cheese sandwich 1 slice bread + 1 teaspoon butter	115
1 ounce ham + 1 ounce cheese	214
¾ cup tomato macaroni soup (use whole milk and ¼ cup macaroni)	170
1 ounce potato chips with 1 tablespoon cheese dip	194
Total calories	751
Mid-afternoon snack	
½ cup whole milk	80
2 graham crackers	60
1 tablespoon peanut butter	86
Total calories	226
Dinner	
½ cup whole milk	80
1 fried chicken drumstick	120
½ cup mashed potatoes (use butter and whole milk, served with 2 tablespoons of gravy)	176
½ cup peas with 1 teaspoon butter	107
½ cup apple crisp	302
Total calories	785
Bedtime snack	
½ cup ice cream	135
Total calories for the day	2543

(continued)

++ Super Power Packed	
Breakfast	Calories
½ cup protein supplement drink	107
½ cup oatmeal, made with half & half	264
1 teaspoon butter + 1 teaspoon sugar	61
1 slice of toast	70
1 tablespoon peanut butter + 1 tablespoon jelly	141
½ cup pears, in heavy syrup	94
Total calories	737
Mid-morning snack	
½ cup orange frappe (½ cup whole milk, 2 tablespoons orange juice concentrate, 1 tablespoon heavy whipping cream, and ¼ teaspoon vanilla)	157
Lunch	
½ cup grape juice	76
½ grilled ham-cheese sandwich 1 slice bread + 2 teaspoon butter 1 ounce ham + 1 ounce cheese	165 214
¾ cup tomato macaroni soup (use half & half, ¼ cup macaroni, and 1 ounce grated cheese)	294
1 ounce chips with 1 tablespoon sour cream dip	244
Total calories	993
Mid-afternoon snack	
½ cup protein supplement drink	107
2 graham crackers	60
1 tablespoon peanut butter, 1 tablespoon jelly	141
Total calories	308
Dinner	
½ cup protein supplement drink	107
1 fried chicken drumstick	120
½ cup mashed potatoes (use butter and half & half, served with 4 tablespoons of gravy)	278
½ cup peas with ¼ cup cream sauce	136
½ cup apple crisp with 1 tablespoon whip cream	354
Total calories	995
Bedtime snack	
½ cup ice cream, 2 tablespoons strawberry sauce	118
Total calories for the day	3308

♥ Heart Healthy Power Packed	
Breakfast	Calories
½ cup 2% milk	61
½ package instant breakfast	65
½ cup oatmeal, 1 tablespoon skim milk powder	88
1 tablespoon raisins, 1 tablespoon brown sugar	79
1 slice wheat toast + 1 tablespoon jam + 1 teaspoon margarine + 1 tablespoon peanut butter	114 128
½ cup pears, in light syrup	72
Total calories	607
Mid-morning snack	
Frozen yogurt on a stick (2 tablespoons orange juice concentrate and ½ cup fat-free yogurt)	131
Lunch	
½ cup grape juice	76
½ sandwich (1 slice wheat bread, 1 ounce lean ham, 1 ounce mozzarella cheese, 1 ounce avocado, and 1 tablespoon ranch salad dressing)	279
1 raw carrot	31
5 ripe olives	25
¼ cup condensed tomato soup (use ¼ cup 2% milk and ¼ cup macaroni)	535
Total calories	946
Mid-afternoon snack	
½ cup 2% milk	60
½ package instant breakfast	66
2 graham crackers	60
1 tablespoon peanut butter, 20 chocolate chips	146
Total calories	332
Dinner	
½ cup 2% milk	60
½ package instant breakfast	66
2 ounces baked chicken (rolled in 1 tablespoon nonfat yogurt + 1 tablespoon chopped walnuts)	170
½ cup mashed potatoes (use 2 tablespoons evaporated skim milk and 2 tablespoons low fat gravy)	92
½ cup peas with ¼ ounce chopped almonds	100
½ cup baked apples with 1 tablespoon raisins	96
Total calories	584
Bedtime snack	
½ cup frozen yogurt, 2 tablespoons jam	166
Total calories for the day	2766

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