

Heart Healthy Power Packing

High Calorie, High Protein Nutrition

What is power packing?

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:

1. Add fat and sugar to the foods you already eat.
2. Increase the amount of high protein foods in your daily eating routine.

The foods we eat are made up of three macronutrients: carbohydrates, fat, and protein. Carbohydrates and fat provide our body with calories that are necessary for energy. Protein provides our body with the necessary things for tissue growth and repair. Our body needs all three macronutrients for recovery.

Power packing can be challenging when you are following a heart healthy diet. Choose foods low in salt and use oils instead of butter and margarines for heart healthy benefits.

Power Packing by Food Group

Milk and Milk Products

Why powdered milk? Putting powdered milk in foods you already eat adds calories and protein without increasing volume or changing the taste.

- **Add 2 tablespoons non-fat milk powder to 1% milk** in any recipe that uses milk.
- **Add milk powder** to hot cereals, scrambled eggs, soups, gravies, ground meat (meat patties, meatballs, and meatloaf), casserole dishes, and desserts.
- **Use 1% milk instead of water** when making cream soups, hot cereal, instant cocoa, custards, and pudding.
- **Eat low fat or Greek yogurt** and add dried fruit, nuts, and granola.
- **Add cottage cheese** to yogurt, crackers, or toast.
- **Drink 1% milk, milkshakes, malts, instant breakfast drinks, supplemental products** (Boost or Ensure) instead of calorie free beverages like coffee, tea, water, or diet soda.
- **Add cream sauces** to vegetables and other dishes.
- **Serve sour cream** with baked potatoes and vegetables.

Here are some suggestions to help “power pack” your intake:

- Drink fluids 30 minutes before and after meals, but not at mealtime.
- Eat small, frequent meals 6 – 8 times per day.
- Eat in a pleasant atmosphere with good company.
- Be creative, and eat a variety of foods.
- Garnish meals to make them more attractive.
- Have snacks readily available.
- Talk to your doctor about light exercise before your meal.
- Eat your favorite foods anytime of the day.
- Take advantage of the times when you feel hungrier.

Meat and Meat Substitutes

Why meat? Meat is an excellent source of protein which is important for tissue replenishment, maintaining muscle mass, and healing.

- **Add nuts or beans** to salads, soups, casseroles, and vegetable dishes.
- **Bread and serve meats with gravy and cream sauces.**
- **Include low fat cheese, nuts, peanut butter, hard boiled eggs, or deviled eggs** in meals and snacks.
- **Add peanut or almond butter** to toast, crackers, pancakes, waffles, celery sticks, apples, or bananas.
- **Prepare sandwiches** with tuna, chicken, or egg salad, low sodium meat and cheese, or peanut butter.
- **Add beans, lentils, diced or ground meat** to soups and casseroles.
- **Melt low fat cheese** on sandwiches, bread, muffins, tortillas, bagels, hamburgers, eggs, and desserts.
- **Add shrimp, tuna, crab meat, salmon, diced turkey or chicken, and eggs** to sauces and serve over rice, noodles, toast, or hot biscuits.
- **Try quiche, omelets, or soufflés.**
- **Add chopped hard boiled eggs** to salads, dressings, vegetables, casseroles, and cream meats.
- **Add leftover meat** to salads, omelets, casseroles, or soup.
- **Spread hummus** on whole wheat crackers or fresh vegetables.

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** can be a good source of concentrated calories.
- **Scoop sour cream or whipped cream onto fresh fruit and top with brown sugar.** For the best taste, let your dish sit in the refrigerator before serving.
- **Drizzle olive oil or salad dressings** on cooked or fresh vegetables.
- **Add dried fruit, nuts, low-fat cheese, and cold meat chunks** to salads.
- **Add avocado** to salads and sandwiches.

Fats

- **Add olive oil** to eggs, salads, soups, casseroles, vegetables, gravies, and cooked cereals.
- **Sauté onions in oil** and add to dishes. This adds both flavor and calories without adding salt.

Fortified Milk Recipe

- 1 cup instant non-fat dry milk
- 1 quart 1% milk

Directions: Mix non-fat dry milk with 1% milk until powder dissolves (~5 minutes). Then refrigerate.

Tip: The flavor usually improves after several hours. For more flavor add chocolate, strawberry, or vanilla syrup. Use this milk for cooking or drinking.

Quick Snack Recipes

- 1 cup of cereal, nuts, dried fruit, and chocolate chips = 270 calories
- ½ peanut butter and jelly sandwich, ½ cup 1% milk, ½ package of Carnation Instant Breakfast = 275 calories
- 1 slice of whole wheat toast + ½ TBSP peanut butter, 1 scrambled egg = 260 calories
- Pita bread with hummus = 250 calories

This handout is intended for use during an appointment with a registered dietitian only, and is not meant for use by other clinicians.

Breads, Cereals, and Pastas

- **Butter toast when it is hot** so that it melts and more can be used.
- **Try cinnamon toast, pancakes, waffles, muffins, biscuits, and French toast** for breakfast. Add peanut butter and butter to each.
- **Use jams, jellies, honey, and cream cheese** when possible.
- **Serve sauces** with pasta, rice, and potatoes.
- **Add abundant amounts of butter, sour cream, Greek yogurt, or olive oil** with potatoes.
- **Add butter or olive oil** to rice dishes.
- **Granola cereal is high in calories.** Sprinkle over Greek yogurt, eat plain, or add milk to eat it like cereal.
- **Make hot cereal with 1% milk** instead of water. Add nuts and dried fruit.
- **Add 1-2 tablespoons of wheat germ** to cereal. Mix into casseroles.

Other Suggestions

- **Add honey** to toast, hot cereal, cold cereal, or use to sweeten drinks.
- **Mix ranch dressing packet** into plain yogurt or sour cream for a vegetable dip.
- **Use whipped cream** for pies, fruit, puddings, hot chocolate, gelatin, and any other dessert.
- **Add marshmallows** to fruit or hot chocolate.
- **Sprinkle powdered coffee creamers** into gravies, soups, milkshakes, or hot cereal.
- **Mix raisins, gum drops, nuts, chocolate chips, cereal, and granola** for a homemade trail mix snack.
- **Make high calorie cookies** by adding extra nuts, chocolate chips, or raisins.
- **Sprinkle nuts or seeds** on fruit, cereal, ice cream, yogurt, vegetables, and salads.
- **Put frozen yogurt between** cake slices, cookies, or graham crackers.
- **If something sounds good, eat it!**
- **Prepare extra food** so that it can be frozen and available when you aren't able to cook.
- **Use spices in place of salt.**

Meal Plan Sample

<i>Regular</i>	<i>Heart Healthy Power Packed</i>
BREAKFAST ½ cup 1% milk 60 ½ cup oatmeal, 2 TBSP 1% milk, 1 tsp sugar 155 ½ cup fruit 60 TOTAL CALORIES 275	BREAKFAST ½ cup 1% milk with 1 package of Carnation Instant Breakfast (CIB) 125 ½ cup oatmeal, 2 TBSP 1% milk, 1 tsp powdered milk 190 1 TBSP brown sugar, 1 TBSP raisins 85 ½ cup fruit 60 TOTAL CALORIES 460
MORNING SNACK ½ banana 60	MORNING SNACK ½ frozen banana rolled in yogurt, sprinkled with granola 110
LUNCH ½ cup juice 60 ½ grilled cheese sandwich 220 ¾ cup tomato soup 100 1 oz potato chips 160 TOTAL CALORIES 540	LUNCH ½ cup 1% milk 50 ½ sandwich (1 slice bread + 1 oz turkey + 2 TBSP avocado + 1 slice cheese + 2 tsp mayo) 305 ½ cup cottage cheese, ¼ cup fruit 130 1 carrot, 5 olives, 1 TBSP ranch dressing 130 TOTAL CALORIES 615
MID-AFTERNOON SNACK ½ cup 2% milk 60 2 graham crackers 50 TOTAL CALORIES 110	MID-AFTERNOON SNACK ½ cup 1% milk + ½ package of CIB 125 ½ sliced apple + 1 TBSP peanut butter 160 TOTAL CALORIES 285
DINNER ½ cup 2% milk 60 1 baked chicken breast 140 ½ baked potato + 1 TBSP sour cream 80 ½ cup peas 60 ½ cup pudding 110 TOTAL CALORIES 450	DINNER ½ cup 1% milk + ½ package of CIB 125 1 baked chicken breast rolled in 1 TBSP yogurt + 1 TBSP chopped walnuts 210 ½ cup mashed potatoes (instant flakes) made with 2 TBSP evap milk + 1 tsp olive oil + low fat gravy 190 ½ cup peas + ½ oz almonds and 1 tsp olive oil 140 ½ cup pudding 110 TOTAL CALORIES 795
EVENING SNACK ½ cup sherbet 120	EVENING SNACK ½ cup yogurt + ¼ cup berries + 2 TBSP granola 155
TOTAL CALORIES 1555	TOTAL CALORIES 2420

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