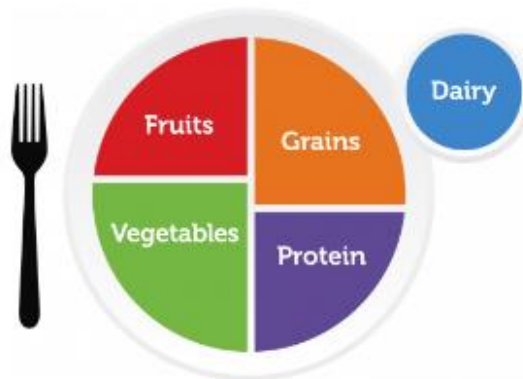


Nutrition

Everyone will benefit from making sure they have **balance** and **variety** in their diet. This ensures that our bodies get all of the essential vitamins, minerals, and other key nutrients we need to stay strong and fight disease.

- **Balance** means that you eat real, whole foods from all food groups – plenty of fruits, vegetables and proteins with a moderate amount of grains or other carbohydrate-containing foods.
 - **Real, whole foods** are foods found in their natural state. For example, **eat an orange** instead of drinking a glass of orange juice, or eat a **chicken breast cooked at home** rather than grabbing fast food chicken nuggets.



From USDA MyPlate (MyPlate.gov)

- **Variety** means that you eat many different types of foods within one group – eating strawberries, bananas, blueberries, oranges, peaches, and watermelon will give you good variety, as opposed to eating just strawberries which would give you low variety.

The overall **quality** of your diet is more important than the quantity of food you eat. We recommend the **80/20 rule!** Focus on **filling at least 80% of your diet with real food**, and you will be supporting your overall health and wellness!

	Make real foods the majority of your diet (≥80%)	Moderate your intake of packaged/processed foods (≤20%)
Meats and Proteins	Beef Pork Lamb Poultry (Chicken, Turkey, etc) Seafood (Fish, Shrimp, etc) Eggs Beans Nuts and nut butters Tofu Tempeh	Processed meats including hot dogs, hamburgers, chicken nuggets, frozen sausages. Frozen foods and entrees, including meat alternatives, like veggie burgers, Beyond “meat” or Impossible “meat”.
Dairy	Cow’s milk Yogurt Cheese	Chocolate or other flavored milks. Almond milk and other plant-based milk alternatives.
Fruits	Fresh fruits eaten raw or cooked. Frozen fruits without any sauce or seasoning added. Apples Avocados Bananas Berries (all types) Grapes Kiwi Mango Melons Orange Peach Raspberries Tangerine	Fruits canned in syrup or frozen in a sauce or seasoning.
Vegetables	Fresh vegetables eaten raw, sautéed, microwaved, roasted, boiled. Frozen vegetables without any sauce or seasonings added. Asparagus Broccoli Carrots	Frozen vegetables in sauce or with seasoning.

	<ul style="list-style-type: none"> Cauliflower Celery Cucumber Eggplant Greens (collard, kale, turnip) Leeks Mushrooms Onions Peppers Salad greens Tomatoes 	
Grains and Carbohydrate Containing foods	<ul style="list-style-type: none"> Rice Quinoa Beans Lentils Potatoes (white and sweet) Corn Peas Winter squash (butternut, acorn) Taro root Yuca (Cassava root) 	<ul style="list-style-type: none"> Pasta/Macaroni & cheese Bread Bagels/Muffins/Pastries and Donuts Cereal Cookies Crackers Cakes Sweets Goldfish Chips Granola bars Snack foods that come in a bag or a box with a food label (items from the middle of the store).
Other	<ul style="list-style-type: none"> Hummus 	<ul style="list-style-type: none"> Frozen foods and meals. Restaurant meals, fast food, convenience store foods. Veggie dips
Beverages	<ul style="list-style-type: none"> Water Milk Electrolyte beverages as needed for vomiting, diarrhea, or exercise. 	<ul style="list-style-type: none"> Juice Soda Fruit Punch, Hi-C, Capri Sun, juice boxes, or similar beverages. Tea Coffee Chocolate milk

High Calorie / High Protein Diet

Some patients, but not all, may experience weight loss. If your doctor or dietitian recommends that you follow a high calorie/high protein diet, here are some tips that might help!

High Calorie Diet Tips:

- Eat 6 small meals daily. Do not graze on snacks between meals.
- Drink liquids between meals to prevent getting too full when eating. Cut down on or eliminate any sugary beverages that can mess up appetite.
- Butter or ghee: add to casseroles, sandwiches, vegetables, cooked cereals, pastas and rice.
- Heavy whipping cream: add to milkshakes, smoothies, sauces, gravies, mashed potatoes and casseroles.
- Mayonnaise or salad dressings: add to sandwiches, salads, vegetables or dipping sauce.
- Sour cream: add to baked potatoes, casseroles, dips, sauces and baked goods.
- Olive oil: drizzle on steamed or roasted vegetables, rice, potatoes, meats.
- Canned coconut milk: add to smoothies, milk shakes, or sauces.
- Ground and chopped meats: add to casseroles and soups.
- Avocado: mash and mix in salsa, spread on bread, or use as a veggie dip.
- Make sure all dairy products are Whole of Full Fat – no low-fat or non-fat milk, yogurt, or cheese.
- Leave the skin on any poultry when cooking and serving.
- Nut butters (peanut, almond, etc): add to smoothies and milkshakes, or spread on bread, crackers, celery, bananas, apples for a snack.
- Cut down on or eliminate caffeine, as caffeine can suppress appetite in some people.
- Nutrition supplement beverages: Pediasure, Ensure, Ensure Plus, Boost Kid Essentials, Boost, Boost Plus, and Carnation Breakfast Essentials are all great ways to get in a lot of calories and protein when it is difficult to eat. **Look for at least 240 calories per 8oz serving.**

High Protein Foods:

Protein is important for growth, healing and maintenance of the skin, immune system, blood cells, and digestive tract. High protein foods generally have more than 6g of protein per serving (look at the nutrition label on food packages).

Below is a list of foods that are high in protein:

- Meats: beef, lamb, pork, turkey, chicken, fish and seafood.
- Dairy products: cheese, yogurt, cottage cheese and milk.
- Milk powders: add to soups, gravies, casseroles, puddings, cooked cereals, ground meats, milkshakes, yogurt, and vegetables.
- Eggs or egg substitute: add to casseroles, meatloaf, macaroni & cheese, chicken or tuna salad. Add more egg than normal to French toast or pancakes.
- Peanut butter and other nuts or nut butters: eat with fruits on toast, crackers or bagels. (**NOT** recommended for children younger than 2 years of age or those allergic to nuts.)
- Beans and peas.

High Calorie and/or High Protein Snack Ideas

- 1 glass whole milk, 1 apple, 2 tablespoons peanut butter* (437 calories, 15.4 grams of protein)
- 2 slices toast, 1 banana, 2 tablespoons peanut butter* (448kcal, 13.5g)
- 1 Babybel cheese with trail mix* (recipe below) (250kcal; 10.3g)
 - Add ¼ cup each of peanuts, almonds, walnuts, pecans, cashews, and any other nut desired, add ¼ cup chocolate chips. Serve in ¼ cup portions.
- 1 avocado, add lime juice, cut cherry tomatoes, salt and pepper. Serve with tortilla chips for dipping (add veggies for dipping as well for more fiber!) (510kcal, 7g)
- 1 avocado, mashed and spread on 2 slices toast, with salt and pepper (376kcal, 7.7g)
- 1 scrambled egg with cheese and 1 slice toast (265kcal, 15.3g)
- 1 fried egg (yolk cooked), 1 avocado mashed with salt/pepper, on 1 slice toast (380kcal, 11.5g)

- 2 Babybel cheese with 1 clementine and strawberries (175kcal; 11g)
- Greek yogurt with blueberries and granola (248kcal, 16g)
- 3 slices lunch meat rolled up with cheese, blueberries on the side (338kcal, 26.6g)
- Nutrition supplement beverages like Pediasure, Ensure, Boost, or Carnation Breakfast Essentials (mixed with whole milk if purchasing the powder). Look for at least 240 calories in an 8oz serving.

*All nuts and peanut butter not recommended for children <2yrs old, or those allergic to nuts. Please consider your particular child's ability to safely chew and swallow any of the above foods before serving them.

Recipes for High Calorie Shakes

(Blend all ingredients until smooth in a blender)

Strawberry Crush

2 cups frozen strawberries
 ½ cup crushed pineapple
 ½ cup water
 ½ medium banana
 2 TBSP honey

Banana-Peanut Butter Shake

½ cup whole milk
 1 banana
 2 ½ TBSP peanut butter
 1 cup vanilla ice cream

Peaches and Cream

1 cup milk, whole
 1 cup canned peaches
 1 cup vanilla ice cream
 ¼ tsp vanilla

Yogurt Smoothie

8 oz yogurt
 ½ cup half & half
 1 cup fresh/frozen strawberries