

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Food Choices to Add Calories and Protein

Food Group	Food	Calories	Grams of Protein
Meat, beans, and eggs	1 cup cooked dried beans	240	14
	½ cup chicken salad	200	14
	1 egg cooked with 1 tablespoon butter	175	6
	3 ounces tuna canned in oil	170	25
	¼ cup egg substitute	25	5
Nuts and seeds	1 ounce pecans (20 halves)	200	3
	1 ounce macadamia nuts (10-12)	200	2
	1 ounce brazil nuts (6-8)	190	4
	1 ounce walnuts (14 halves)	185	4
	1 ounce shelled sunflower seeds	175	6
	1 ounce almonds (about 24)	165	4
	1 ounce peanuts	165	7
	1 tablespoon peanut butter	95	4
Milk	½ cup canned evaporated milk (can be used instead of water when cooking)	170	9
	6 ounces sweetened yogurt	165	6
	½ cup ice cream	130-220	2-3
	½ cup creamed cottage cheese	115	14
	1 ounce (¼ cup) shredded cheese	100	7
	¼ cup half-and-half	80	2
	½ cup whole milk (can be used instead of water when cooking))	75	4
	1 tablespoon cream cheese	50	1
	2 tablespoons sour cream	50	0
Fats	1 tablespoon butter, margarine, oil, or mayonnaise	100	0
	2 tablespoons gravy	40	1
Sweets	1 tablespoon honey	60	0
	1 tablespoon sugar, jam, jelly, or chocolate syrup	50	0
Supplements and meal replacements	1 meal replacement bar	200	15
	1 scoop (1 ounce) protein powder	100	15
	1 tablespoon protein powder	40	5