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High-Calorie Diet

Patient name: _____ Admission: _____

NRS
DATE INITIAL

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- I. **The client/caregiver can list diseases or conditions that may impair nutritional status requiring a high-calorie diet.**
 - A. Increased metabolic rate from diseases such as cancer or HIV
 - B. Trauma resulting in severe wounds or burns can also increase the need for calories and proteins

- II. **The client/caregiver can list foods to increase calories in the diet.**
 - A. Add wheat germ to meat loaf, pancakes, and so forth.
 - B. Add eggs to soups, ground meats, casseroles, and so forth.
 - C. Add powdered milk to scrambled eggs, soups, gravies, ground meats, casseroles, puddings, and so forth.
 - D. Add baby food to casseroles.
 - E. Use milk or half-and-half instead of water when making soups or sauces.
 - F. Add cheese or diced meat to foods whenever possible.
 - G. Add sour cream or yogurt to vegetables.
 - H. Add raisins, nuts, dates, and brown sugar to hot or cold cereals.
 - I. Add sauces to vegetables.
 - J. Drink high-calorie beverages with fruit, milk, buttermilk, or yogurt.
 - K. Add melted butter to foods.
 - L. Add ice cream and whipped cream to desserts.
 - M. Eat high-calorie snacks such as nuts, dried fruit, popcorn with butter, crackers and cheese, and ice cream.
 - N. Eat mayonnaise, oil, and salad dressing.
 - O. Serve gravy over meat.
 - P. Eat creamed or thick soups.
 - Q. Enrich milk by adding 1 cup of nonfat milk with whole milk and add flavorings (i.e., fresh or frozen fruit, ice cream, or syrups).
 - R. Spread butter on toast while it is hot.

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- III. **The client/caregiver can list nutritional supplements available.**
 - A. Carnation Instant Breakfast
 - B. Milkshakes with powdered egg substitute, ice cream, or protein powder
 - C. Supplements such as Ensure, Sustacal, Pulmocare, Meritene, Isocal, and Boost

- IV. **The client/caregiver can list calorie-dense foods (foods that are high in calories per square inch and low in bulk).**
 - A. Peanut butter has 90 calories per tablespoon (add to toast, celery, crackers, etc.).
 - B. Cream cheese has 52 calories per tablespoon (add to celery, crackers, etc.).
 - C. Honey has 64 calories per tablespoon (add to bread, cereal, etc.).
 - D. Butter has 100 calories per tablespoon (add to soups, vegetables, mashed potatoes, cooked cereals, rice, etc.).
 - E. Whipping cream has 60 calories per tablespoon (add to pies, fruit, puddings, hot chocolate, Jell-O, etc.).
 - F. Roasted chopped peanuts have 52 calories per tablespoon (add to ice cream, desserts, salads, etc.).

- V. **The client/caregiver can list general measures to increase calories and promote weight gain.**
 - A. Eat small, frequent meals.
 - B. Keep high-calorie snacks within sight.
 - C. Eat foods high in unsaturated fat. Fats have nine calories per gram while carbohydrates and proteins have four calories per gram.
 - D. Avoid empty calories such as chips, candy, and carbonated beverages.
 - E. Avoid low-calorie soups, salads, and beverages at the beginning of the meal, which tend to diminish the appetite.

(Continued)

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- F. Set realistic goals for weight gain daily.
Weight gain of 1 pound per week may be suggested.
- G. Do not skip breakfast.

RESOURCES

Registered dietitian

My Pyramid—United States Department of Agriculture
www.mypyramid.gov

REFERENCES

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