

Tips to Increase Calories and Protein on a Low-Sodium Diet

Low
Sodium
Diet

Choosing foods high in calories will help you gain weight and build muscle if you are active. Increasing protein may help you improve protein stores in your body when they are low.



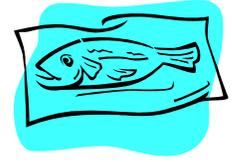
Practice the following behaviors:

- Eat frequently (or “graze”), at least 5 to 6 times a day, or every 2 to 3 hours.
- Divide your total daily sodium limit into meals and snacks. For example, limit sodium to about 500 mg for each meal and 250 mg for smaller “snacks” for a total of about 2,000 mg of sodium per day.
- Include protein and /or fat with each meal and snack.

To increase calories:

- Choose drinks that have calories such as juice, milk, or nutritional beverages (see below) instead of water, coffee, or unsweetened tea.
- Add unsalted butter or margarine to pasta, vegetables, potatoes, rice, bread, and hot cereals.
- Add cream cheese or sour cream to appropriate recipes.
- Add oil and flavored vinegar or blend mayonnaise and plain yogurt together and add to sandwiches and salads (chicken, tuna, and egg salad, etc).
- Mix cream or half and half in place of milk or water in recipes, when appropriate.
- Sugar, honey, jam, and jelly can be significant sources of calories.
- Add whipped cream to desserts, gelatin, fruit, and cooked (not instant) pudding.

To increase protein and calories:



- Eat hard-boiled eggs as a snack or add them to salads and sandwiches. The egg white is especially high in protein.
- Add grated lower-sodium cheeses (such as mozzarella, Swiss, or low-sodium cheese alternatives) to salads, cooked vegetables and pasta.
- Add lower-sodium sliced cheeses to sandwiches and low-sodium crackers.
- Enhance recipes by adding dried milk powder to sauces, gravies, casseroles, and meat loaf.
- Add dried milk powder to liquid milk to increase protein. Add this fortified milk to any recipe that calls for milk.
- Sprinkle unsalted nuts or seeds on cereal, ice cream, yogurt, salads, and fruit. Add unsalted nuts to muffins, pancakes, and cookies.
- Try chocolate milk or eggnog.
- Use these items when you need a quick and convenient meal or snack: very-low-sodium canned tuna, salt-free peanut butter, unsalted nuts, hard-boiled eggs, low-sodium crackers, and frozen dinners with less than 600 mg of sodium (Healthy Choice®).
- Spread unsalted peanut butter (or any nut butter) on unsalted crackers, bread, fruit, and celery.
- Try ice cream, yogurt, non-instant pudding, custard, tapioca and milkshakes for desserts or snacks.
- Make milkshakes with ice cream and protein powder, dry milk powder, instant breakfast powder, or fruit.

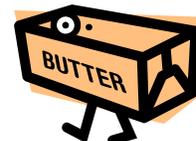


To increase protein without excess calories:

- Use low-fat and fat-free, and sugar-free, varieties of dairy products, including milk, cheese, yogurt, cream cheese, ice cream, margarine, and mayonnaise.
- Choose lower-fat sources of protein, such as lean ground beef (at least “90% lean”), sirloin, skinless chicken breast, “very-low-sodium” canned tuna packed in water, egg whites, and all types of beans and legumes cooked or processed without salt.
- Considering adding non-fat dried milk powder or protein powder (see “Nutrition Supplements”) to foods and beverages.
- Use beverages that do not contain calories to satisfy thirst.

If you are diabetic or are experiencing high blood sugars ...

- Good blood sugar control is very important. If blood sugars are too high, you may not be able to gain weight even if you are eating well. This is because some of the energy from the food you eat is unable to nourish the body, making you feel tired, and much less able to put on weight.
- If you need to gain weight, do not limit how much you eat in an effort to control blood sugar. Talk with your healthcare provider about possible adjustments in medication and diet to be able eat more calories, gain weight, and still control blood sugar levels.
- Consider how much carbohydrate is in the foods you are adding for protein or calories. Use sugar-free options if necessary.
- Protein and fat does not affect blood sugar levels like carbohydrates and can be used more liberally. Fats are very concentrated in calories. Low-sodium sources of fat include all types of oils, avocados, and full-fat margarines, butter, cream, cream cheese and sour cream. *Benecalorie®* is a fat supplement that provides 330 calories in just over an ounce and mixes well in many recipes that are served warm.



Snack ideas:

- 1 cup yogurt with $\frac{1}{4}$ cup sliced fruit of choice and $\frac{1}{4}$ cup granola (about 220 mg of sodium)
- 6 unsalted crackers with 2 ounces of very-low-sodium tuna and 1 tablespoon of mayonnaise (about 250 mg sodium)
- 1 mini bagel with 2 tablespoons cream cheese (total 280 mg sodium)
- Carnation Instant Breakfast mixed with 1 cup milk (total 150 mg sodium)
- Homemade fruit smoothie: 1 cup strawberries, 1 banana, 1 cup yogurt (total 140 mg sodium)
- 1 banana dipped in chocolate syrup and rolled in unsalted nuts
- 1 slice of bread or 2 unsalted crackers with 2 tablespoons of sodium-free peanut butter (total 200 mg sodium)
- 1 granola bar with 1 tablespoon of sodium-free peanut butter (total 150 mg sodium)
- Make your own trail mix: 1 cup unsalted popcorn, $\frac{1}{4}$ cup unsalted peanuts, $\frac{1}{4}$ cup raisins, $\frac{1}{4}$ cup M&Ms (total 50 mg of sodium)



Food is essential. If you need to gain weight and / or improve your protein stores, it is important to eat even if your appetite is not good. Consider it “medicine” that you can enjoy.

Nutrition Supplements:

Some of these products can be found at any local pharmacy or grocery store. Others need to be ordered.

Nestle Nutrition Products

www.NestleNutritionStore.com; 1-888-240-2713

www.walgreens.com; 1-877-250-5823

Carnation Instant Breakfast www.carnationbreakfastessentials.com	Calories	Protein (grams)	Sodium (mg)
Regular powder	220	13	220
No-added-sugar powder	150	13	168
Ready-to-drink Regular	250	9	220
Ready-to-drink Plus	375	13	292
Ready-to-drink Very-High-Calorie (VHC) *	560	23	290

Boost www.boost.com ; 1-800-247-7893	Calories	Protein (grams)	Sodium (mg)
Boost Regular	240	10	130
Boost Plus	360	22	170
Boost High Protein	240	15	170
Boost Glucose Control (for diabetics)	250	14	260

Resource	Calories	Protein (grams)	Sodium (mg)
Breeze Fruit Drink *	250	9	80
Benecalorie (per 1.5 ounces) *	330	7	15
Beneprotein powder (per 7 grams) *	25	6	15
Benefiber	--	--	--

* Also available at the Texas Oncology Pharmacy located on the third floor of Sammons Cancer Center, 3410 Worth Street, Suite 350, Baylor University Medical Center campus. Phone: 214-370-1600

Nutrition Supplements:

Some of these products can be found at any local pharmacy or grocery store. Others need to be ordered.

Abbott Nutrition Products

www.AbbottStore.com; 1-800-258-7677

	Calories	Protein (grams)	Sodium (mg)
Ensure	250	9	190
Ensure Plus	350	13	220
Ensure High Protein	230	12	290
Enlive! Fruit Drink	250	9	45
Glucerna Shakes (for diabetics)	200	10	210
ProMod Liquid Protein (per 2 Tablespoons)	100	10	55

Axcan Pharma Nutrition Products

www.scandipharm.com; 1-800-472-2634

	Calories	Protein (grams)	Sodium (mg)
Scandishake *	440	6	100
Scandishake Lactose-Free	430	8	100
Scandishake Sweetened with Aspartame *	440	8	100
Scandical (per Tablespoon)	35	0	10

Six Star Muscle Milkshake Powder

www.SixStarMuscle.com; 1-866-656-7827; Also available at Walmart

	Calories	Protein (grams)	Sodium (mg)
Muscle Building Milkshake powder	280	33	100

* Also available at the Texas Oncology Pharmacy located on the third floor of Sammons Cancer Center, 3410 Worth Street, Suite 350, Baylor University Medical Center campus. Phone: 214-370-1600