

Item	Foods to Enjoy	Foods to Avoid
Vegetables	<ul style="list-style-type: none"> All Mashed potatoes with skim milk powder/protein powder 	<ul style="list-style-type: none"> None
Fruit	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Salads	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Grain Products	<ul style="list-style-type: none"> All Hot cereals with skim milk powder/protein powder 	<ul style="list-style-type: none"> None
Milk & Alternatives	<ul style="list-style-type: none"> Liquid milk Skim milk powder/protein powder All cheeses, cottage cheese Yogurt, Greek yogurt Milkshakes, smoothies Puddings 	<ul style="list-style-type: none"> None
Meat & Alternatives	<ul style="list-style-type: none"> Meat, poultry, fish Eggs Beans, peas, lentils Peanut butter Nuts & seeds Tofu 	<ul style="list-style-type: none"> None
Soups	<ul style="list-style-type: none"> Soups made with skim milk powder/protein powder Beans, peas, lentil soups Meat in soups 	<ul style="list-style-type: none"> Broth soups with no added protein
Oils & Fats (Limit fat intake to 2 – 3 Tbsp. per day)	<ul style="list-style-type: none"> Skim Milk powder/protein powder to gravies and sauces 	<ul style="list-style-type: none"> None
Desserts & Sweets	<ul style="list-style-type: none"> Desserts/baking/custards/puddings made with skim milk powder or protein powder Ice cream 	
Fluids	<ul style="list-style-type: none"> All nutrition Supplements i.e.: Boost®, Ensure®, etc. Smoothies/milkshakes made with allowed ingredients 	<ul style="list-style-type: none"> Black coffee or tea
Miscellaneous	<ul style="list-style-type: none"> Protein Powder i.e.: Beneprotein© Supplemental puddings i.e.: Boost® pudding 	<ul style="list-style-type: none"> None

Notes:

- *To avoid lumping in foods:
 - o add small amount of water to protein mix prior to adding to food
 - o use a whisk for mixing or use a blender for larger quantities
- **The dietitian should be consulted for specific instructions with this diet**

References:

- Food Choices for Increasing Your Protein Intake Dietitians of Canada - Practice Based Evidence in Nutrition (PEN)2014