

Item	Foods to Increase Protein and Energy	Foods Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Mashed potatoes with skim milk/protein powder</li> <li>• Potatoes prepared with added margarine/butter, whole milk</li> <li>• Vegetables in sauces (e.g. cheese sauce) or with added margarine/butter</li> <li>• Dips for raw vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Dips for fruit</li> <li>• Canned fruit packed in heavy syrup</li> <li>• Dried fruit</li> <li>• Juice</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>• All</li> </ul>	
<b>Grain Products</b>	<ul style="list-style-type: none"> <li>• Hot cereal with whole milk and skim milk powder/protein powder</li> <li>• Hot cereal with added sugar</li> <li>• Extra margarine/butter on toast</li> <li>• Pasta/rice products with sauce</li> <li>• All</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>• Whole milk, half and half cream, whipping cream, buttermilk</li> <li>• Chocolate milk</li> <li>• Skim milk powder/protein powder added to milk</li> <li>• Full fat cheese</li> <li>• Cottage cheese</li> <li>• Full fat yogurt, high protein yogurt ex. greek yogurt</li> <li>• Milkshakes, smoothies</li> </ul>	<ul style="list-style-type: none"> <li>• Skim and 1% milk, 2% milk</li> <li>• Low fat cheese</li> <li>• Low fat and diet yogurt</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>• Meat, poultry, fish</li> <li>• All fried meats</li> <li>• Meats covered in cream sauces or gravy</li> <li>• Eggs</li> <li>• Beans, peas, lentils</li> <li>• Peanut and other nut butters</li> <li>• Nuts &amp; seeds</li> <li>• Tofu</li> <li>• Protein bars</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>

Item	Foods to Increase Protein and Energy	Foods Not Allowed
<b>Soups</b>	<ul style="list-style-type: none"> <li>• Cream soups made with added skim milk powder/ protein powder</li> <li>• Soups with meat, cheese, beans, peas, lentils</li> </ul>	<ul style="list-style-type: none"> <li>• Broth</li> </ul>
<b>Oils &amp; Fats</b>	<ul style="list-style-type: none"> <li>• Skim milk powder/protein powder to gravies and sauces</li> <li>• Extra sauces and gravies to dishes</li> <li>• Margarine, butter, mayonnaise, cream cheese, sour cream</li> <li>• Full fat salad dressings</li> <li>• Avocados</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>• Desserts/baking made with milk or skim milk powder/protein powder</li> <li>• Custard, puddings and ice cream</li> <li>• Whipped topping added to desserts</li> </ul>	<ul style="list-style-type: none"> <li>• Low fat, low sugar desserts</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>• Nutrition Supplements i.e.: Boost®, Ensure®</li> <li>• Milkshakes/smoothies made with allowed ingredients</li> </ul>	
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Protein Powder i.e.: Beneprotein</li> <li>• Skim milk powder</li> <li>• Jam, jellies, honey, molasses</li> <li>• Trail mix</li> <li>• Ensure®/Boost® Puddings</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>

**References:**

- Eating Guidelines for Increasing Your Energy and Protein Intake Dietitians of Canada - Practice Based Evidence in Nutrition (PEN) 2014