

High-Calorie, High-Protein, Soft Diet

Your current weight: _____

Your daily protein needs: _____

Your daily calorie needs: _____

Your daily fluid needs: _____

Good nutrition helps you tolerate cancer treatment better and with fewer side effects. You may need a soft diet with more calories and protein during cancer treatment. This kind of diet will help you stay healthy and strong.

Tips for Eating Well

Weigh yourself one to two times per week at home or at your doctor appointments.

- Losing weight during treatment means you are not getting enough calories and protein.
- Set a goal to prevent weight loss. If you want to lose weight, wait until your treatment is over.

Eat five to six times a day.

- Have small meals every 2-3 hours.
- Be consistent. Eat at the same times every day, even if you don't feel hungry.
- Keep a list of what you eat and drink each day. This can help you make sure you eat enough.

Choose soft, moist foods high in calories and protein.

See Table 1 on page 2 for suggestions.

Add calories and protein to the foods you eat.

- Use full-fat yogurt, cheese, and milk. Avoid non-fat or skim dairy products.
- Add powdered or evaporated milk to casseroles, soups, hot cereal, potatoes, gravies, and smoothies.
 - Mix equal amounts of dried milk powder and hot cereal together. Add liquid and cook as directed.
 - Add 1/3 cup dried milk powder to each 2 cups of mashed potatoes.
 - Add 4 tablespoons dried milk powder to each cup of sauce, gravy, soup, or custard.
- Add grated cheese and plain Greek yogurt to soups.
- Top foods with avocado, olive and canola oil, or peanut butter.
- Have canned fruit with cottage cheese.
- Top a baked potato with cheese, sour cream, chili, or bean soup.

Drink liquids without caffeine to stay hydrated and to keep your mouth moist.

Replace most calorie-free beverages such as water, coffee, and tea with drinks that have calories:

- Milk or chocolate milk
- Fruit juices
- Sports drinks
- Nutrition supplements (See Table 2)

For more information about good nutrition during cancer treatment, call the dietitians at the Linda B. and Robert B. Wiggins Wellness and Integrative Health Center:

801-587-4585

Table 1: Suggestions for High-Calorie, High-Protein Soft Foods

Food Group	Soft Foods	
Breads, cereals, and starches	Hot cereal Pancakes or waffles Potatoes	Noodles Rice
Soups	Bean Chicken noodle Creamy soups Potato	Split pea Tomato Lentil
Meats and meat substitutes	Chicken pot pie Chicken salad Eggs Fish, well-moistened Hummus Lasagna	Meatloaf Peanut butter Ravioli Refried beans Tofu Tuna salad
Casseroles	Bread stuffing Beef stroganoff	Macaroni and cheese Tuna rice casserole
Dairy	Cheese, full-fat Cottage cheese, full-fat Yogurt, full-fat	
Fruit	Applesauce Bananas Canned fruits	
Vegetables	All kinds, cooked until soft, Recommend adding butter, cheese, or oil	
Desserts	Bread pudding Cakes, soft and moist Cheesecake Custard Eggnog Ice cream, gelato, or sherbet	Mousse Pies with smooth filling such as pumpkin, chocolate, or lemon Pudding Soufflé

Food Group	Soft Foods	
Fats and Toppings	Avocado	Jelly or jam
	Butter	Mayonnaise
	Cream cheese	Olive or vegetable oil
	Creamer	Peanut butter
	Gravy	Sour cream
	Half and half	Whipped cream
	Honey	

Table 2: High-Calorie, High-Protein Nutrition Supplements

Product	Calories (per 8 oz.)	Protein (per 8 oz.)	Where Available
Benecalorie®	330 (per 1.5 oz.)	7 g (per 1.5 oz.)	Internet
Boost®	240	10 g	Grocery stores, Internet
Boost® Breeze	250	9 g	Grocery stores, Internet
Boost® Compact	240 (per 4 oz.)	10 g (per 4 oz.)	Grocery stores, Internet
Boost Glucose Control®*	190	16 g	Grocery stores, Internet
Boost Plus®	360	14 g	Grocery stores, Internet
Boost® VHC (Very High Calorie)	530	22 g	Internet
Carnation Instant Breakfast® mixed with whole milk	280	15 g	Grocery stores
Ensure®	270	9 g	Grocery stores, Internet
Ensure® Clear	180	8 g	Grocery stores, Internet
Ensure Compact®	220 (per 4 oz)	9 g (per 4 oz.)	Grocery stores, Internet
Ensure Enlive®	350	20 g	Grocery stores, internet
Ensure Plus®	350	13 g	Grocery stores, Internet
Glucerna®*	200	10 g	Grocery stores, Internet
Orgain Vegan®	220	16 g	Grocery stores, Internet
Premier Protein®	160	30 g	Grocery stores, Internet
Scandishake®	580	12 g	Internet

*For people with diabetes

