

# Food is Medicine - Eating Well at Home

Making sure that you get proper nutrition at home can help you recover more quickly, build and maintain muscle, prevent new illness and reduce your chances of being readmitted to the hospital.

## Monitoring Your Nutritional Status at Home

Watch for these possible signs of malnutrition:

- Weight loss and muscle loss – If possible, weigh yourself once a week. Also, watch for changes in the way your clothes fit and if you are feeling weaker than what is normal for you.
- Poor appetite and/or eating less than you usually would for more than one week.

If you are losing weight and/or eating less than usual at home, contact your family doctor or a dietitian and try the tips below.

### Registered Dietitian Contact Information:

Name \_\_\_\_\_

Facility \_\_\_\_\_

Phone \_\_\_\_\_

## Boost the Nutritional Value of Food

Make every bite count! Add extra nutrition without having to add a lot of extra food.

- Make fortified milk by adding 60 mL (1/4 cup) of milk powder to 250 mL (1 cup) of milk. Mix well and chill before drinking. You can drink it on its own or add it to cereal, soups, sauces, mashed potatoes or any recipes calling for milk.
- Choose nutrient-dense cereals such as granola or muesli instead of flaked or puffed cereals. Add extra nuts, seeds, dried fruit, fortified milk or high protein yogurt. Cook hot cereal with milk instead of water and stir in nut butter or cream cheese.
- Spread extra margarine on toast before adding peanut butter, jam and/or honey.
- Add chopped meat and vegetables, grated cheese and sliced avocado to eggs. Add milk or milk powder to scrambled eggs and add extra oil to the pan when cooking.
- Stir eggs into soups and sauces to add extra protein. Add an extra egg to recipes for muffins, cookies, pancakes or French toast.
- Enjoy fruit with yogurt, pudding, granola and nuts. Make a fruit dip with chocolate, peanut butter, cream cheese, whip cream or pudding.

- Serve raw vegetables with dip or hummus. Cook vegetables with extra oil or add melted margarine, slivered almonds, pine nuts or sesame seeds. Add cream or cheese sauce to cooked vegetables.
- Add cheese, nuts, sliced meat, eggs, avocado, dried fruit and extra dressing to salads.
- Add extra vegetables, chopped meats, beans, lentils, pasta and cheese to canned soups. Prepare soups with milk instead of water and add milk powder for extra protein.
- Choose thick-sliced bread for sandwiches and add extra margarine, mayonnaise or dressing. Add sliced cheese, eggs or avocado.
- Add generous amounts of milk, margarine or butter and milk powder to mashed potatoes. Top potatoes with cheese, sour cream, cottage cheese or high protein yogurt.
- Coat meat and fish with oil and breadcrumbs, use extra oil during cooking and top with sauces.

## Other Tips

- Eat smaller meals more often and add snacks if you find larger portions overwhelming.
- Keep ready-to-eat snacks within easy reach and with you at all times. Some healthy, high protein snack ideas include:
  - trail mix containing nuts, seeds, dried fruit, coconut and/or pretzels
  - peanut butter or cheese and crackers
  - add milk powder to puddings for extra protein or choose high protein yogurt
  - muffins or loaf made with seeds, nuts and dried fruit
  - hard boiled eggs
  - hummus with raw vegetables and crackers
- Keep your fridge, freezer and cupboards stocked with easy to use and prepare foods such as:
  - low sodium canned soups, tuna, salmon, chicken and beans
  - eggs
  - frozen or canned vegetables and fruits
  - dry or fresh pasta and low sodium canned pasta sauce
  - deli rotisserie chicken
  - extra bread and buns in the freezer
  - peanut butter or other nut butters
  - low sodium frozen dinners
  - crackers and breadsticks
  - rice, oats, lentils or barley
  - milk powder
- Try batch-cooking larger amounts of food and freezing in individual portion sizes.
- Sip on fluid throughout the day to prevent dehydration.
- Consider grocery shopping with a friend or have groceries delivered if you have trouble getting to and from the store.
- Make eating more enjoyable by using candles or a tablecloth, playing music or eating in different places, such as outside, when possible.

## High Calorie/Protein Recipes

### High Protein Milk

250 mL (1 cup) milk

60 mL (1/4 cup) milk powder

Mix vigorously. May be used in any milkshake recipe or anywhere you would use milk. Makes 1 serving.

### High Protein Drink

250 mL (1 cup) whole milk

60 mL (1/4 cup) milk powder

1 package Carnation Breakfast Essentials™

2 mL (1/2 teaspoon) vanilla or flavour as desired

Mix in glass. Carnation Breakfast Essentials™ has added vitamins and minerals to meet your daily needs. Makes 1 serving.

### Mocha Smoothie

250 mL (1 cup) milk

125 mL (1/2 cup) vanilla ice cream

60 mL (1/4 cup) chocolate syrup

10 mL (2 teaspoons) instant coffee

Combine ingredients in blender. Cover and blend on high until well blended. Makes 1 serving.

### Make Your Own Smoothie

310 mL (1 1/4 cup) chilled unsweetened juice of your choice

1 cup of fruit of your choice, cut up

125 mL (1/2 cup) fortified milk, yogurt or ice cream

60 mL (1/4 cup) cold water or 4 ice cubes

Combine ingredients in blender. Cover and blend on high speed until well blended. Makes 3 to 4 servings.

### High Energy, High Protein Milkshake

30 mL (2 tablespoons) milk powder

125 mL (1/2 cup) whole milk

125 mL (1/2 cup) vanilla ice cream

Combine ingredients in blender. Cover and blend on high speed until well blended. Design your own drink by adding wheat germ, fruit, honey, peanut butter, chocolate or flavoured syrup. Makes 1 serving.

### Cheddar Cheese Soup

1 can cheddar cheese soup

125 mL (1/2 cup) water

180 mL (3/4 cup) Vanilla Ensure Enlive™

5 mL (1 tsp) Worcestershire sauce

Pinch of salt

Place soup in a saucepan. Gradually stir in water and Ensure Plus™. Add remaining ingredients. Heat to serving temperature. Do not boil. Makes 2 servings.

## Nutritional Supplements

If you are having trouble eating enough food, nutritional supplements can help. Consider a daily multivitamin/mineral supplement, especially if you have wounds or sores.

Commercially prepared supplements such as Ensure™, Boost™, or other “no-name” versions can be found at your pharmacy or the pharmacy section of your grocery store. The “Plus” or “Plus Calories” formulas have more calories and protein than both the regular and high protein formulas. If you don’t like the creamy-type supplements, or are looking for more variety, you may want to try Boost Fruit Flavoured Beverage®. Carnation Breakfast Essentials® can usually be found with the hot cereals and other breakfast items in the grocery store.

For coupons and recipes using Ensure, you can sign up for the Ensure Club at 1-877-367-8731 or ensureclub.ca.

### Your Dietitian Recommends:

Supplement Name \_\_\_\_\_ Amount \_\_\_\_\_

Vitamins/minerals supplements \_\_\_\_\_

## Online and Regina Areas Resources

**211 Saskatchewan** – free information and referral system for community services available across Saskatchewan. Search the online database or complete the contact form for assistance.

Website: [www.sk.211.ca](http://www.sk.211.ca)

**REACH Convenience Meal Program** – home-style, frozen meals that can be delivered right to your door. All meals are appropriate for regular and diabetic diets and many are also low sodium and low fat. Contact REACH for information on renal, gluten-free, minced or pureed diets. You can also add soups, fruit, vegetables, milk, and bread to your order.

Phone: (306) 347-3224

Website: [www.reachinregina.ca](http://www.reachinregina.ca)

**Grocery Shopping for Seniors** – low-cost grocery and prescription delivery service for seniors in Regina.

Phone: (306) 757-6675.

Website: [familyserviceregina.com/seniors-programs/](http://familyserviceregina.com/seniors-programs/)

### Other Resources and/or Handouts:

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