



## General Diet

### High Calorie, High Protein Diet

#### General Description

The high calorie, high protein diet provides a regular diet with increased amounts of nutrients, for patients with increased nutritional demands. Increased calories and protein are provided in a form and volume most easily tolerated by the individual patient. Nutritional supplements are used if needs cannot be met through regular diet alone (refer to the ENTERAL FORMULARY in Appendices for current listing of nutritional supplements available).

#### Indications for Use

This diet may be indicated for patients with severe burns, post-surgical patients, febrile and catabolic patients, patients who have sustained severe weight loss, patients with cancer cachexia, and others.

#### Nutritional Adequacy

In comparison to the Recommended Dietary Allowances, this diet is adequate in all nutrients, but the amounts suggested by the RDA are recommendations for a healthy population and may not be sufficient for the stressed and catabolic patient. Nutritional status must be monitored in these patients at regular intervals (refer to the NUTRITION DEPARTMENT STANDARDS OF CARE).

#### Guidelines

The amount of calories required for an individual patient is specifically determined for that patient, taking into consideration past nutritional habits as well as present physiological status (refer to the NUTRITION DEPARTMENT STANDARDS OF CARE). The following “Suggested Meal Plan” provides about 3000 calories, 100 gm protein.

#### Suggested Meal Plan

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Juice	Meat or Substitute	Meat or Substitute
Cereal	Potato or Substitute	Potato or Substitute
Egg or Substitute	Vegetable	Salad/Dressing
Toast	Dessert or Fruit	Dessert
Margarine	Bread	Bread
Jelly	Margarine	Margarine
Milk	Milk	Milk
Beverage		

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<b>Mid-Morning Snack</b>	<b>Mid-Afternoon Snack</b>	<b>Evening Snack</b>
Eggnog	Juice Cheese & Crackers or Peanut Butter & Crackers	Sandwich Milk