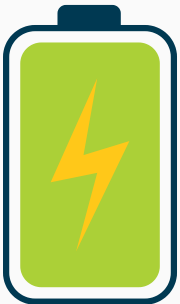


High Calorie & High Protein

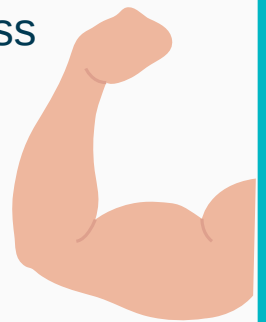
As you age your body slows down. It is very normal for your appetite to decrease. Certain diseases and medications can also reduce your appetite. Over time, eating less can make us lose weight. If you've noticed you're clothes are a bit looser, here are some tips!

Why is it important to maintain weight your weight?

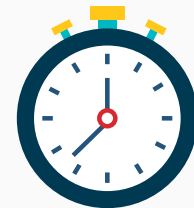
- You maintain strength and muscle mass
- You are less likely to fall and get injured
- Can improve energy levels and make you feel less tired
- Helps your body fight off illness and recover easier



Protein provides the building blocks to maintain muscle



Tips to get more calories and protein:



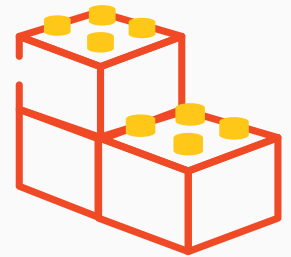
- Add fats in your meals
 - Cook oatmeal with whole milk and top with peanut butter
 - Mix rice with oil and top with guacamole and cheese
- Add fats to vegetables and fruits with sauces, butter, oil, and/or nut butters
- Set reminders to eat. Use a timer or ask a friend/family member to remind you
- Eat smaller, more frequent meals. Aim to eat every 2-3 hours
- Choose high calorie drinks if you have trouble finishing your food. Whole milk, smoothies or nutrition shakes are high in calories and protein

High Calorie High Protein

Calories
provide
energy



Protein acts
as **building**
blocks



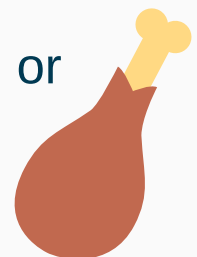
Foods to add **calories**:

- butter
- margarine
- cheese
- peanut butter
- gravies & sauces
- avocado
- mayonnaise
- sour cream
- creamy dressings like ranch and caesar
- oils like canola, olive and vegetable



Foods to add **protein**:

- poultry like chicken or turkey
- lean cuts of beef, lamb, pork or duck
- beans and lentils
- nuts and seeds
- dairy like cheese, yogurt and milk
- eggs
- soy products like soy milk or tofu
- edamame
- peas
- quinoa



Add these foods to your Meals on Wheels meal to maximize the calories and protein in each bite!