

Hyperbaric Medicine Service

RX for Healthier Eating

Each day include:

- ~ 2 servings of foods high in protein such as beef, chicken, fish, eggs, tofu, or beans. A serving is 2-3 ounces of meat or ½ C of beans.
- ~ 5 or more servings of complex carbohydrates such as bread, cereal, rice, pasta or potatoes. A serving is 1 slice of bread or ½ C of pasta.
- ~ 4 or more servings of fruits and vegetables- fresh, frozen or canned. A serving is 1 piece of fruit, 1 C of fresh or ½ C cooked.
- ~ 2 servings of milk, cheese or yogurt. A serving is 1 C of milk or yogurt or 1 oz. of cheese.
- ~ 6-8 cups of fluids such as water, juice or milk. Coffee and caffeinated beverages don't count!
- ~ A multi vitamin.
- ~ Fats, such as margarine, butter and salad dressing, in moderate amounts.
- ~ Sweets and desserts, if desired, in moderation. If you are diabetic, you will need to limit this intake.

Patient Nutrition Tips

If you are too tired to eat...

Try easy to fix and nutritious foods such as cottage cheese, yogurt, dried fruit, crackers, toast, eggs, peanut butter, frozen entrees, cereal, breakfast bars, and instant breakfast drinks.

If you don't have an appetite...

Eat 5-6 small meals or snacks each day; keep food available for snacking; eat cool, low fat foods that empty from the stomach quickly; eat high calorie foods; use supplements such as Ensure, Boost, or Resource.

While your body is in a state of recovery, your nutritional needs can increase.

Augmenting calorie and protein intake may help in wound repair and to boost your energy.

Hints for Increasing Protein and Calories

Food	Portion	Calories	Protein (g)	Sodium (mg)
milk, whole	4 oz	70	4	55
half & half cream	4 oz	155	3	45
evaporated milk	4 oz	150	8	120
soy milk, reg	4 oz	80	4	90
yogurt, whole milk	8 oz	260	10	350
butter	1 tbsp	100	-	120
cream cheese	1 tbsp	100	2	85
mayonnaise	1 tbsp	100	-	80
cheese	1 oz	105	7	400
cottage cheese	1/2 cup	115	14	455
dry milk powder	2 tbsp	30	3	50
instant breakfast	1 pkt, dry	130	7	135
egg sub, liquid	1/4 cup	55	8	111
ice cream, 16% fat	1/2 cup	180	3	40
sherbert	1/2 cup	130	1	24
hummus	1/2 cup	210	6	300
peanut butter	2 tbsp	190	9	160
peanuts, salted	1 oz (30)	165	8	123

Recipes for High Calorie and High Protein Beverage Shakes

Fruited Shake

½ C canned fruit
6 tbsp dry milk powder
1 envelope vanilla instant breakfast
½ C ice water
½ C ice cream

Mix first four ingredients in blender. Add ice cream just to mix.
Yield: 2 servings; each serving provides 295 Calories, 22 grams Protein

Apricot Raspberry Shake

½ C apricot nector
4 chopped apricot halves
½ C raspberry sherbet

Mix together in blender. Yield: 1 serving and 270 Calories, 2 grams Protein.

Cranberry Lemon Shake

½ C cranberry juice cocktail
½ C lemon sherbet
½ banana

Mix together in blender. Yield: 1 serving and 435 Calories and 13 grams Protein.

Orange Julius

½ C orange juice
½ C whole milk
½ C ice cream
¼ C liquid egg substitute or 1 egg
1 tsp vanilla

Mix together in blender, Yield: 1 serving and 350 Calories and 14 grams Protein.