High-Calorie, High-Protein Foods for People Living with Kidney Disease

If you are having difficulty eating a lot of food at one time, or have a very low appetite that makes eating a challenge, you should choose high-calorie, high-protein foods more often. Choosing high-calorie, high-protein foods will help you meet your body’s needs, provide you with energy, maintain your body weight, and prevent or fight infections.

High-calorie &/or High-protein foods include:

- Butter, Margarine, Oil
- Cheese (choose cream cheese, cottage or ricotta cheese, and Havarti cheese)
- Salad Dressing and Mayonnaise
- Jam, Jelly, Honey, Sugar
- Eggs
- Tofu
- Beef, Chicken, Pork
- Fish

Tips for increasing your intake:

- Eat small frequent meals: Try to eat every 2-3 hours.
- Eat and drink slowly. Don’t force foods
- When making sandwiches, add extra mayonnaise, butter, margarine, or cream cheese. Make the filling extra thick.
- Have larger portions of meat, fish, or chicken.
- Add or melt margarine, butter, or oil on hot cereal (e.g. Cream of Wheat or Cream of Rice), pasta, rice, and cooked low potassium vegetables.
- Stir oil, butter, or margarine into soups, casseroles, or sauces.

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• Spread butter or margarine on white bread, sandwiches, toast, unsalted crackers, or rolls.
• Mix oil, butter, or margarine with herbs and spread on meats, poultry, or fish
• Use sour cream as dip for raw low potassium vegetables.
• Add or spread cream cheese on low potassium fruit slices, low potassium raw vegetables, white bread, toast or unsalted crackers.
• Add low potassium fruit to cottage or ricotta cheese.
• Add honey to hot low potassium/low phosphorus cereal, or use as a glaze on meats.
• Try cottage cheese in casseroles, egg dishes or add it to salads.
• Add tofu to pasta, soups, casseroles, and salads.
• Drink high calorie beverages (e.g. juice, ginger-ale) instead of low-calorie fluids like tea and coffee. *Remember not to exceed your daily fluid allowance*
• Do not use foods that are labeled “Light”, “Lite”, “Calorie-Reduced”, or “Low-Calorie” while you are trying to increase your intake and maintain your weight.

Nutrition Supplements:

Ready-to-use food supplements are an easy way to add extra calories and protein to your day. These products can be purchased at your local drug store and in some grocery stores. Some examples include Ensure®, Ensure Plus®, and Resource®. Try sipping on 1 to 3 cans of a nutrition supplement between meals and in the evening to help you meet your nutrition requirements.