



## EAT WELL, CARE WELL. HIGH PROTEIN, HIGH CALORIE

### DRINK IDEAS AND MORE!

As we age, malnutrition can become a serious issue! Malnutrition can stem from a loss of appetite, difficulty eating, illness etc. However, we can combat this issue by adding protein and calories to our diet. Adding calories and protein to the diet may not sound simple, but it can be! One example is using powdered milk. Powdered milk can be used in any recipe that calls for milk. But, it can also be added to regular fluid milk to increase calories and protein content. Simply add 2 to 4 tablespoons of powdered milk to one cup of regular milk. Doing so will add 66 to 132 calories and 6 to 12 grams of protein. But wait there's more! You can also add powdered milk to puddings, potatoes, soups, ground meats, vegetables, cooked cereal, milkshakes, yogurt, and pancake batter. Some other examples to increase calorie and protein intake includes adding these items to your foods: eggs, butter, cheese, wheat germ, mayonnaise or salad dressing, evaporated milk, sour cream, sweetened condensed milk, peanut butter, Carnation Instant Breakfast and gravies.

### WEEKLY CHALLENGES

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ADD POWDERED  
MILK TO A RECIPE

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TRY ONE OF THE  
RECIPES PROVIDED

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COMPARE  
NUTRITION LABELS  
TO FIND HIGH  
CALORIE AND HIGH  
PROTEIN OPTIONS

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TRY ONE OF THE  
HIGH CALORIE  
SNACKS LISTED  
BELOW

### HIGH CALORIE SNACKS

INSTANT BREAKFAST  
DRINK (280 CAL),  
CHEESE TOAST (175  
CAL), YOGURT  
SMOOTHIE (390 CAL),  
GRANOLA BAR AND  
YOGURT (480 CAL)

# PROTEIN BALLS

This recipe makes 16 protein balls.

This recipe is adapted from <http://www.thriftyfun.com/tf95145039.tip.html>

## INGREDIENTS:

- ½ cup creamy peanut butter
- ¾ cup nonfat milk powder
- ½ up ground flaxseed
- ½ cup honey
- ½ cup crushed cereal of your choice if desired or coconut

Add the following per your preferences:

- 1/3 cup raisins
- 1/3 cup Craisins
- 1/3 cup sunflower nuts
- 1/3 cup chocolate chips

## DIRECTIONS:

1. Combine peanut butter, milk powder, flaxseed, and honey in a bowl and mix well. Stir in the sunflower nuts and dried fruit as desired.
2. Roll mixture in small balls and then roll balls in crushed cereal, if desired. Place on waxed paper.
3. Chill in refrigerator for at least 1 hour before serving



## Chocolate-Peanut Butter Shake One shake is 1070 calories!

### INGREDIENTS:

- ½ cup heavy whipping cream
- 3 Tbsp. creamy peanut butter
- 3 Tbsp. chocolate syrup
- 1 ½ cup chocolate ice cream

### DIRECTIONS:

1. Blend in a blender! Enjoy.



### Additional Tips & Recipes for using Powdered Dry Milk

<http://www.tvsinc.org/index.cfm/do/pages.view/id/16/page/nonfat-dry-milk-recipes>

<https://www.verybestbaking.com/products/10115/carnation/nestle-carnation-instant-nonfat-dry-milk/>