



## Instead of Supplements, Offer Real Food First

Real foods like cheese, peanut butter, homemade smoothies and milkshakes beat commercial supplements any day of the week for both taste and texture. When you offer familiar foods first, residents will likely eat more, helping them maintain their weight. This easy-to-use guide to replacing supplements with delicious real food lists the calorie and protein content of the supplement and the food to replace it.

Instead of:	Kcal/gm protein
120 ml (4 oz.) 2.0 kcal per ml liquid nutrition supplement (Medpass/Resource)	240/10
Offer:	Kcal/gm protein
¼ cup hummus	102/5
6" pita bread	168/6
2 Tablespoons peanut butter	191/7
2 sl. bread	150/6
2 oz. cheddar cheese	232/16
2 sl. bread	150/6
¼ cup egg salad	100/7
2 sl. bread	150/6

Instead of:	Kcal/gm protein
30 ml liquid protein supplement (Prostat)	101/15
Offer:	Kcal/gm protein
7 oz. (200 gm) Greek yogurt	146/20
8 oz. whole milk	150/8
8 oz. lowfat choc milk	190/8
Larger protein portion L&D	+20 gm/day
8 oz. high protein shake	400/15
8 oz. fruit smoothie	200/10
8 oz. low fat fruited yogurt	225/9
2 peanut butter cookies	330/12

Instead of:	Kcal/gm protein
Frozen dessert (Magic cup)	280/9
Offer:	Kcal/gm protein
½ cup enriched pudding	245/7

Other items:	Kcal/gm protein
½ cup baked custard	150/7
1 pkg. cheese crackers	191/4
1 pkg. peanut butter crackers	191/4
½ cup Cheesy mashed potato	315/10
½ cup cottage cheese creamed	110/12