

PROTEIN CALORIE MALNUTRITION



Prevent malnutrition with these tips and tricks.

WHAT IS PROTEIN CALORIE MALNUTRITION?

Protein calorie malnutrition occurs when you do not consume enough calories and protein in your diet. Without these, you may lose muscle and fat. This can impair many of your organs and lead to side effects such as hair loss, nutrient deficiencies, and weakness.

RISK FACTORS

- sickness
- medication side effects
- restrictive diets
- inability to eat
- lack of appetite
- ill-fitting dentures
- dementia
- limited access to food
- eating alone

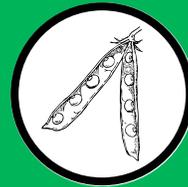
SOURCES OF PROTEIN



Meat



Poultry



Legumes



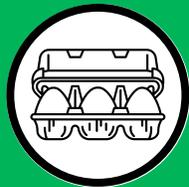
Tofu



Nuts & Seeds



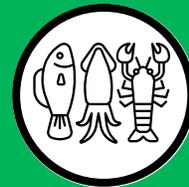
Dairy



Eggs



Fish



Seafood



Beans

TIPS TO GET MORE PROTEIN

- Eat smaller, more frequent meals
- Try to have company at meal times
- Use milk in place of water when preparing foods
- Keep pre-made foods on hand for quick access
- Drink nutrition shakes like Ensure or Boost

Talk with your dietitian for more suggestions!



Recipe inspired by: [Eatingwell.com](https://www.eatingwell.com)

Salmon in Sun-Dried Tomato Cream Sauce

A high protein dish complete with whole grains and roasted vegetables.

Yields: 4 servings, 36 grams of protein per serving

INGREDIENTS

- 1¼ lbs salmon
- ½ cup sun-dried tomatoes, plus 1 T oil from the jar
- ½ cup chopped shallots
- 2½ T lemon juice
- 2½ T water
- ⅓ cup low-sodium vegetable broth
- ⅓ cup heavy cream
- 2 T chopped fresh parsley
- 2 cups cooked whole grains
- 4 cups roasted vegetables
- salt and pepper, to taste

DIRECTIONS

- Preheat broiler to high. Line a baking sheet with foil.
- Place salmon on baking sheet, skin-side down. Sprinkle with salt & pepper. Broil, rotating the pan from front to back once, until the salmon is opaque in the center, 8-12 min.
- Meanwhile, heat sun-dried tomato oil in a large skillet over medium heat. Add sun-dried tomatoes & shallots; cook, stirring, for 1 min. Increase heat to high; add lemon juice, water, & broth. Cook until the liquid has mostly evaporated, about 2 min.
- Reduce heat to medium, stir in cream, & sprinkle salt & pepper; simmer for 2 min.
- Serve the salmon topped with the sauce and parsley and with the whole grains on the side.
- Add some of your favorite roasted vegetables to create a fully balanced meal.



FOOD IS MEDICINE

APPROVED BY OUR
REGISTERED DIETITIAN NUTRITIONISTS

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