

## High Protein High Energy Diet for Children

A **high protein, high energy** diet can help your child to eat and drink extra protein, energy and nutrients. This can be helpful if your child:

- Is underweight, needs to gain weight or achieve catch-up growth.
- Is unable to eat enough due to a poor appetite, nausea or other symptoms.
- Has increased energy and protein needs.

**Energy** in our food and drinks is measured in kilojoules or calories. Some foods have more energy than others. High energy foods include:

- Plant based oils (e.g. olive oil, canola oil)
- Avocado
- Margarine, butter and cream
- Full cream dairy products (e.g. milk, cheese, yoghurt)

**Protein** helps to build, maintain and repair tissues in our body. It can also be a source of energy and is an important building block for children's growth. High protein foods include:

- Meat, fish and chicken
- Eggs
- Full cream dairy products (e.g. milk, cheese, yoghurt)
- Calcium fortified milk alternatives (e.g. soy).
- Legumes (e.g. lentils, chickpeas, baked beans, hummus)
- Nuts\*, seeds and their pastes (e.g. peanut butter, almond butter, tahini).

Dietitian Name: \_\_\_\_\_

Dietitian Phone: \_\_\_\_\_








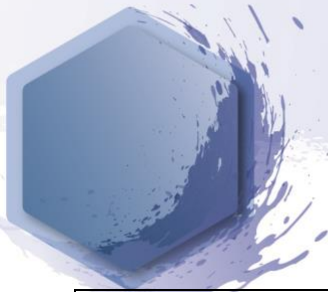
## Tips for increasing energy and protein in your child's diet







- ✓ Include high protein and high energy foods at every meal and snack.
- ✓ Offer 5 - 6 meals each day, or a meal or snack every 2 - 3 hours (avoid meals more often than this). Allow time for your child to get hungry to help them eat more at meal and snack times.
- ✓ Fortify\*\* your child's foods and drinks (see Milkshakes and Smoothies under breakfast below).
- ✓ Replace low fat foods with full cream and full fat options.
- ✓ Make mealtimes as pleasant and relaxed as possible. Avoid distractions and eat together as a family. Social eating can help children to eat more.
- ✓ Keep high energy high protein foods at home and bring them with you when out and about.

## Meal and snack ideas








Use the following ideas to increase the energy and protein in your child's diet. See your dietitian to discuss serve sizes.

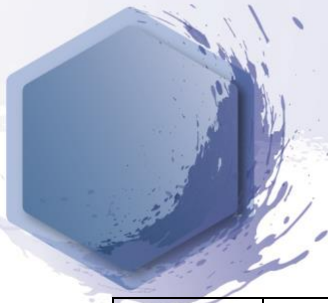
Breakfast ideas		Tips to get the most out of your meal
	Cereal/Porridge	<ul style="list-style-type: none"> <li>• Add cream, honey, nuts*, seeds, and/or diced fruit.</li> <li>• Choose full cream milk or alternative, instead of water.</li> <li>• Enrich your milk by adding milk powder to your milk of choice.</li> </ul>
	Toast/Croissant/English Muffin/Crumpet	<ul style="list-style-type: none"> <li>• Add tinned baked beans.</li> <li>• Add ham and cheese.</li> <li>• Add ricotta and/or honey.</li> <li>• Add avocado, or nut butter (e.g. peanut, cashew).</li> </ul>
	Pancakes/Waffles	<ul style="list-style-type: none"> <li>• Add ice cream or yoghurt.</li> <li>• Add honey or maple syrup.</li> </ul>
	Eggs	<ul style="list-style-type: none"> <li>• Cooked to your liking (e.g. boiled, frittata, scrambled).</li> <li>• Add cheese, chopped bacon, and/or smoked salmon.</li> <li>• Add milk powder or protein powder.</li> </ul>
	Fruit and Yoghurt	<ul style="list-style-type: none"> <li>• Add honey.</li> <li>• Add nuts*, seeds, muesli, and/or LSA (linseed, sunflower seed and almond meal).</li> </ul>








Lunch and dinner ideas		Tips to get the most out of your meal
	Sandwiches/Wraps	<ul style="list-style-type: none"> <li>• Choose fillings such as tuna &amp; mayonnaise, chicken &amp; cheese, tofu &amp; salad, hummus &amp; fetta, egg.</li> <li>• Add a thick spread of butter, margarine, or avocado.</li> </ul>
	Salad	<ul style="list-style-type: none"> <li>• Include egg, meat, falafel, cheese, tuna, and/or salmon.</li> <li>• Add oily or creamy dressing (e.g. French, Thousand Island, Caesar, Italian).</li> <li>• Add quinoa, chickpeas, brown rice and/or pasta.</li> <li>• Add avocado, nuts*, seeds (roast in pan or oven for extra flavour) and/or olives.</li> </ul>
	Soup	<ul style="list-style-type: none"> <li>• If pre-prepared, choose creamed varieties or those with meat and/or beans.</li> <li>• Add cheese and/or sour cream.</li> <li>• Add milk powder or protein powder.</li> <li>• Add croutons or garlic/naan bread.</li> <li>• Blend soft tofu into soup.</li> </ul>
	Wet Dishes E.g. casserole, curry, shepherd's pie, dahl.	<ul style="list-style-type: none"> <li>• Use meat, tofu, fish, chicken or beans/legumes.</li> <li>• Add milk powder.</li> <li>• Add sour cream, natural yoghurt, cheese, and/or naan bread.</li> </ul>
	Meat and Vegetables E.g. crumbed fish, roast pork, silverside.	<ul style="list-style-type: none"> <li>• Add milk powder to mashed potato.</li> <li>• Add sour cream and/or cheese to jacket potatoes.</li> <li>• Add white sauces or gravies.</li> <li>• Melt cheese on vegetables</li> <li>• Prepare with extra oil or butter.</li> </ul>
	Combination Dishes E.g. macaroni cheese, quiche, spaghetti bolognese, stir fry.	<ul style="list-style-type: none"> <li>• Use meat, tofu, fish, chicken, beans or legumes.</li> <li>• Incorporate cheese into dish or top with grated cheese.</li> <li>• Choose full cream milk and/or cream products.</li> <li>• Prepare with extra oil or butter.</li> </ul>



Small meal or snack ideas		Tips to get the most out of your meal
	Milkshakes and Smoothies	<ul style="list-style-type: none"> <li>• Choose full cream milk, or alternative, instead of skim/low fat.</li> <li>• Add ice cream and/or yoghurt.</li> <li>• Add honey, nuts*, fresh or frozen fruit and/or seeds.</li> <li>• Add flavouring (e.g. <i>Milo</i><sup>™</sup>, flavoured syrup).</li> <li>• To every cup of milk, add 1 heaped tablespoon of full cream milk powder and whisk until dissolved.</li> </ul>
	Ready to Drink Milk Drinks/Hot Chocolate	<ul style="list-style-type: none"> <li>• Choose full cream milk, or alternatives, instead of low fat options or water.</li> <li>• Add extra scoops of <i>Milo</i><sup>™</sup> or chocolate powder.</li> <li>• Try pre-prepared options, such as <i>Up n Go Energize</i><sup>™</sup>, <i>Sanitarium PB</i><sup>™</sup>, <i>Breaka</i><sup>™</sup> or <i>Quick Start</i><sup>™</sup></li> </ul>
	Yoghurt/Custard with Tinned Fruit	<ul style="list-style-type: none"> <li>• Choose full cream varieties.</li> <li>• Try higher protein options (e.g. <i>YoPRO</i><sup>™</sup> or <i>Chobani</i><sup>™</sup>).</li> </ul>
	Desserts E.g. creamed rice, ice cream, chocolate custard.	<ul style="list-style-type: none"> <li>• Choose full cream varieties.</li> <li>• Try higher protein ice creams (e.g. <i>FroPro</i><sup>™</sup> or <i>Halo</i><sup>™</sup>).</li> <li>• Add flavouring (e.g. <i>Milo</i><sup>™</sup>, chocolate/strawberry/caramel syrup, <i>Ovaltine</i><sup>™</sup>, nuts*).</li> </ul>
	Dried Fruit and/or Nuts*	<ul style="list-style-type: none"> <li>• Try roasted chickpeas and broad beans.</li> <li>• Mix into yoghurt or put on top of cereal.</li> </ul>
	Cheese and/or Dip with Biscuits and/or Bread	<ul style="list-style-type: none"> <li>• Try dips made with cream cheese, beans (e.g. hummus or black beans), avocado or sour cream.</li> </ul>
	Cakes/Pikelets/Muffins/ Biscuits	<ul style="list-style-type: none"> <li>• Try using chickpea flour, coconut flour or almond meal.</li> <li>• Spread butter, margarine, and/or cream on top when warm.</li> </ul>



	Biscuits/Veggie Sticks	<ul style="list-style-type: none"><li>• Dip in nut butter, cream dip or hummus.</li><li>• Add cheese to savoury biscuits instead of having sweet biscuits.</li></ul>
	Eggs	<ul style="list-style-type: none"><li>• Cooked to your liking (e.g. boiled, frittata, scrambled).</li><li>• Add cheese, full cream milk, and/or bacon/ham to quiches, frittatas, omelettes, and scrambled eggs.</li><li>• Prepare extra boiled eggs or frittata for when you have less energy.</li></ul>
	Falafel Patties	<ul style="list-style-type: none"><li>• Dip in yoghurt, sour cream and/or guacamole.</li></ul>
	Full or Half Sandwich	<ul style="list-style-type: none"><li>• Choose fillings, such as tuna &amp; mayonnaise, chicken &amp; avocado, tofu &amp; salad, cheese &amp; vegemite, or peanut butter.</li><li>• Add extra butter or margarine.</li></ul>
	Tinned Tuna or Salmon	<ul style="list-style-type: none"><li>• Add mayonnaise or cream cheese.</li><li>• Serve on crackers.</li><li>• Make into patties/fritters using sweet potato or eggs.</li><li>• Add into sandwich or wrap.</li></ul>

**\* Whole nuts are a choking hazard for children under 3 years old.**

**\*\* Fortify means to add extra protein and energy to meals and drinks without increasing their size or volume. It means that each mouthful your child takes is as high in protein and energy as it can be.**

### **What about ‘junk’ foods?**

“Junk foods” are high in energy but low in nutrients that are important for growth and development. Avoid allowing your child to eat lots of “junk foods”. This includes chocolates, lollies, chips, biscuits, soft drinks and fast food. These foods may reduce their appetite for more nutritious options.



In summary, extra protein and energy can help your child if they are sick or need catch-up growth. It will help them maximise every mouthful and meet their milestones.

**Ask your dietitian for how long your child needs a high protein high energy diet.**

**How to increase protein and energy in your child's diet:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**For general healthy eating**, follow a well-balanced diet for your child. Base their diet on the Australian guidelines, see the links below:

[Australian Guide to Healthy Eating](#)

URL: [https://www.eatforhealth.gov.au/sites/default/files/2022-11/n55i\\_australian\\_guide\\_to\\_healthy\\_eating\\_0.pdf](https://www.eatforhealth.gov.au/sites/default/files/2022-11/n55i_australian_guide_to_healthy_eating_0.pdf)

[Healthy Eating for Children](#)

URL: [https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55f\\_children\\_brochure\\_0.pdf](https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55f_children_brochure_0.pdf)