High Protein High Energy Diet
For Vegetarians

High protein and/or high energy diet is useful when:
- you are underweight
- you are losing weight without trying
- you are unable to eat enough due to poor appetite or nausea
- you have increased energy and protein requirements

High protein foods include:
- Dairy/soy products and eggs
- Beans, legumes, nuts and seeds
- Protein supplements e.g. Beneprotein

High energy foods include:
- Salad dressings, oils
- Avocado, nut/seed butters
- Soft drinks, sweets, ice cream
- Nutritional supplements e.g. Sustagen, Resource Plus, Ensure

Eating to increase or maintain your weight
- Eat more often if you can’t eat a lot. Aim for 6 smaller meals rather than 3 big meals a day.
- Keep your favourite foods in the cupboard or fridge.
- Keep ready-to-eat meals and snacks handy for times when you don’t feel like preparing food (e.g. creamy tinned soups, frozen meals, yoghurt, nuts, cheese, biscuits and dips).
- Drink fluids that provide energy such as milk or alternatives, juice or soft drink instead of tea, coffee or water.
- As you start to improve and your activity level increases, you may need to increase your food intake as well.
- Keep a record of your weight to check if these changes are working.

<table>
<thead>
<tr>
<th>Date</th>
<th>Weight</th>
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Dietitian: _______________________
Phone number: _________________
Sometimes you may not feel like eating much, but to keep healthy it’s important to eat foods from all of the food groups. Each day aim to eat the following:

<table>
<thead>
<tr>
<th>Meat Alternatives</th>
<th>Suggestions for use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eggs, nuts, seeds and legumes (eg. soybeans, tofu, Quorn, baked beans, lentils, kidney beans).</strong></td>
<td>Add lentils, chickpeas and kidney beans to salads, casseroles, and soups</td>
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<tr>
<td><strong>Aim for 2-3 (or more) serves/day.</strong></td>
<td>Use sauces on meals eg. White sauce</td>
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<tr>
<td>1 serve = 2 eggs</td>
<td>Use boiled eggs or nuts/seeds for snacks</td>
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<tr>
<td>= 170g tofu</td>
<td>Choose dishes with added cream or pastry</td>
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<tr>
<td>= 30g nuts, seeds, tahini or other nut butter/paste</td>
<td>Add cheese/cream to egg dishes</td>
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<tr>
<td>= 1 cup cooked/canned legumes/beans e.g. lentils, chickpeas</td>
<td>Add nuts/seeds to salads, baked goods, desserts and cereals</td>
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<td>Try baked beans or eggs as an easy meal</td>
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<td>Use nut meal in baking or add to cereal and smoothies</td>
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<td>Serve hummus with crackers or vegetables or use on wraps/sandwiches</td>
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<table>
<thead>
<tr>
<th>Dairy (and alternatives)</th>
<th>Suggestions for use</th>
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<tbody>
<tr>
<td><strong>Milk, cheese, yoghurt, ice cream, custard etc (including soy, almond and lactose-free varieties).</strong></td>
<td>Make porridge, soups, desserts &amp; drinks with full cream milk instead of water</td>
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<tr>
<td><strong>Aim for 2½ (or more) serves/day (Women over 50 years: 4 serves)</strong></td>
<td>Add grated cheese, creams, milk powder or yoghurt to soups, casseroles, pasta, vegetables and sauces</td>
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<tr>
<td>1 serve = 2 slices (40g) cheese</td>
<td>Add ice-cream, custard or yoghurt to drinks, desserts and fruit</td>
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<tr>
<td>= 1 small carton yoghurt (200g)</td>
<td>Add milk powder to milk (enriched milk)</td>
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<tr>
<td>= 1 cup (250mL) milk (any type)</td>
<td>Make milkshakes with ingredients such as milk, milk powder, ice-cream, yoghurt, fruit, honey and toppings</td>
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<tr>
<td>= 3 scoops of ice cream</td>
<td>Have a Milo, Milkshake, Aktavite, Ovaltine, Sustagen or Nesquik everyday</td>
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*Note: Almond and rice milk are much lower in protein and sometimes energy (depending on the brand). Aim for 100mg of calcium per 100ml, where possible.*
### Bread, cereals, pasta & rice

**All types of bread, savoury and sweet biscuits, breakfast cereals, rolled oats, rice, pasta and flours.**

**Aim for 6 serves/day**  
(70+ years: 3-4 serves)

<table>
<thead>
<tr>
<th>1 serve</th>
<th>Suggestions for use</th>
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<tbody>
<tr>
<td>= 1 slice bread or ½ medium bread roll</td>
<td>☐ Use raisin or cinnamon toast with butter/margarine as a snack</td>
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<tr>
<td>= ½ cup porridge</td>
<td>☐ Add margarine/butter to bread, pasta, rice</td>
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<tr>
<td>= 2/3 cup breakfast cereal</td>
<td>☐ Spread avocado, cottage cheese or cream cheese on bread/sandwiches</td>
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<tr>
<td>= ¼ cup muesli</td>
<td>☐ Make French toast with eggs, cream, butter</td>
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<tr>
<td>= ½ cup cooked rice/pasta/noodles</td>
<td>☐ Try Nutella, nut butter or hummus on bread, crackers and plain biscuits</td>
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<tr>
<td>= 3 plain crackers/crisp breads</td>
<td>☐ Add sugar, honey or dried fruit to breakfast cereal or oats</td>
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<td></td>
<td>☐ Sprinkle Sustagen or Ensure powder on breakfast cereals</td>
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<td>☐ Spread butter/margarine on both sides of a toasted sandwich</td>
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<td></td>
<td>☐ Consider tinned spaghetti as a snack</td>
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<td></td>
<td>☐ Make rice/chia puddings with cream/coconut milk</td>
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<td></td>
<td>☐ Add rice/quinoa/teff/freekeh to salads</td>
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<td></td>
<td>☐ Add pasta/risoni to soups</td>
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<td></td>
<td>☐ Serve bread with soups</td>
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<td>☐ Blend oats into smoothies</td>
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Reviewed: May 2017  
Due for review: May 2019
<table>
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<tr>
<th>Vegetables</th>
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</table>
| **Vegetables - raw, cooked mashed, pureed or vegetable juice.**  
Aim for 5 or more serves/day  
1 serve = ½ cup cooked vegetables  
= 1 cup raw vegetables (salad)  
= ½ cup sweet corn  
= ½ medium potato | □ Add milk powder, *Sustagen Neutral*, milk and cream to mashed vegetables  
□ Add margarine/butter/sour cream, sauces or grated cheese to vegetables  
□ Use mayonnaise and oil or cream-based dressings on salads  
□ Add creams, milk powder, evaporated milk or *Sustagen neutral* to vegetable soups  
□ Dip vegetable sticks in hummus or other creamy or legume/nut based dips |

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<thead>
<tr>
<th>Fruit</th>
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| **Fruit - raw, cooked, tinned, stewed, mashed, pureed, dried fruit, fruit juice.**  
Aim for 2 serves/day  
1 serve = 1 piece medium-sized fruit  
= 2 small pieces of fruit  
= 1 cup tinned/cooked fruit  
= 1½ tablespoons dried fruit  
= ½ cup (125mL) fruit juice | □ Use in milkshakes/ smoothies  
□ Drink juice rather than water for extra energy  
□ Add to custard, yoghurt, cream or ice-cream  
□ Use dried fruit as a snack  
□ Dip fruit in peanut butter, cottage cheese sweetened with honey, or melted chocolate |

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| **Butter, margarine, avocado, nut butter, cream, oils, tahini spread, coconut milk and cream, mayonnaise.**  
1 tablespoon or more per day  
*TIP: Butter, cream, mayonnaise and coconut milk/cream are high in saturated fat and current recommendations are to limit excessive amounts.* | □ Use in milkshakes/ smoothies  
□ Add cream to drinks, desserts and cereals  
□ Use margarine, butter and oil in cooking  
□ Add sour cream to vegetables  
□ Use cream sauces on pasta and vegetables  
□ Use margarine/butter on bread, biscuits, rice and pasta |
### Sample meal plan

#### Breakfast
- Weetbix with enriched milk and sprinkled with sugar
- Toast spread with margarine/butter while still hot plus peanut butter or jam / honey
- Coffee made on enriched milk

Can add more margarine/butter if the toast is warm. Peanut butter, jam and honey give more energy

#### Morning tea
- Fruit smoothie to drink

Good energy and protein from the milk and fruit

#### Lunch
- Lentil soup made on enriched milk and served with sour cream
- Egg sandwich with mayonnaise and/or avocado, spread with cream cheese

Mayonnaise, avocado and cream cheese are tasty sources of extra energy

#### Afternoon Tea
- Iced coffee, Milo or flavoured milk made with enriched milk

#### Dinner/Tea
- Shepherds Pie (made with beans/lentils) with extra margarine in the potato, topped with grated cheese
- Cauliflower and white sauce
- Rice pudding/ ice-cream sprinkled with Sustagen

Extra butter/margarine gives extra energy while the cheese adds protein

#### Supper
- Sustagen or hot chocolate made on milk

A high protein finish to your meal

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Enriched milk adds protein & sugar gives energy

Enriched milk adds protein

Extra protein and energy from the milk and cream

Another easy but tasty way to add more energy
Quick snack suggestions for a poor appetite

- Milk and milk drinks
- Yoghurt, custard and ice-cream
- *Fruche, Yogo, junket* and other dairy desserts
- Fresh or dried fruit, fruit juice
- Nuts, seeds
- Cheese with biscuits
- Peanut butter with biscuits or bread
- Cream soups
- Leftovers – meals or desserts
- Hard boiled eggs
- Crumpets, muffins, pikelets or scones with jam, honey, syrup, butter and cream
- Dips made with cream cheese, beans or sour cream; commercial dips, hommus
- Sandwiches
- Cakes and biscuits

Great sandwich filling suggestions

- Egg with mayonnaise or curry
- Peanut butter (and jam/ honey)
- Hommus and salad
- Cheese with avocado, vegemite, tomato or chopped gherkins
- Double slice of cheese with avocado/ pickles/ sauce/ salad
- Baked beans and cheese
- Mashed banana, cream cheese and honey
- Cheese spread with lettuce & tomato
- Leftovers on toasted sandwich

Pre-Prepared Meals

There are many options for supermarket and home delivered pre-prepared meals, including Meals on Wheels, Lite N Easy and Single Serve Meals. These meals provide enough nutrition for one meal per day only, so it is important to still have two other nutritious meals plus snacks. Your Dietitian can provide information on home delivered meals available near you.
Nourishing drinks

Milk is a great base for nourishing drinks as it is high in protein and energy. Full cream milk is preferable to use as it contains more energy than reduced fat milks. Fortified soy milk (e.g. So Good, Vitasoy) is also suitable.

To make your milk higher in protein and energy, other ingredients may be added. For example, add ice-cream, cream, flavoured powders (such as Milo and Nesquik) and syrups (such as ice-cream toppings and honey) to your milk drink.

To make enriched milk
To every cup of milk, add 1 heaped tablespoon of full cream or skim milk powder (or protein powder) and whisk until dissolved. (For 1 litre of milk, use 4 heaped tablespoons of milk powder/protein powder)

OR

• To 2 cups of milk add 1 cup of evaporated milk.

Use enriched milk on cereal, in desserts, in mashed potato and whenever else you would normally use milk.

If you are lactose-intolerant, use a low-lactose milk such as Lactose-Free or Zymil (from supermarkets) or Digestelac (from chemists), or use a fortified soy milk such as “So Good” in the following recipes.

Chocolate milkshake (serves 1)
1 cup milk (or milk alternative)
1 tablespoon milk powder (or protein powder)
1 tablespoon chocolate powder (Nesquik or Milo) or chocolate flavouring or cocoa
2 scoops ice cream (or soy alternative)

Fruit smoothie (serves 1)
1 cup milk (or milk alternative)
1 ripe banana or cup of tinned fruit
1 tbs milk powder (or protein powder)
2 scoops ice cream (or soy alternative)

For both recipes blend all ingredients together until smooth. Serve chilled.

A note on recipes: Many people ask for recipe ideas. It is best that you stick to the foods and recipes you usually like and enrich them, following the ideas from the food groups table. You could also ask your Dietitian for extra tips regarding your favourite meals, snacks or drinks.