

# High protein high energy diet

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:

- Meat, fish and chicken
- Eggs
- Dairy products e.g. milk, cheese, yoghurt (including soy and lactose-free varieties)
- Beans, legumes, nuts and seeds
- Meat alternatives e.g. tofu, vegetarian meat
- Nutritional supplements e.g. *Sustagen, Resource Plus, Ensure Plus, Beneprotein*

## High energy foods include:

- Full cream dairy products
- Margarine, butter, salad dressing, oil
- Cream, chocolate, sweets, cakes, muffins, ice cream
- Nutritional supplements e.g. *Sustagen, Resource Plus, Ensure Plus*

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

Phone number: \_\_\_\_\_

## Eating to increase or maintain your weight

- ✓ If you are feeling full quickly, try having six small meals a day instead of three meals.
- ✓ 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. tinned soups, frozen meals, yoghurt, nuts, cheese, biscuits and dips).
- ✓ Make your drinks count: choose milk or juice based drinks and add milk to your tea/coffee.
- ✓ Remember if you increase your activity level, you may need to increase your protein and energy intake as well.
- ✓ Keep a record of your weight to check if these changes are working.

Date	Weight
GOAL WEIGHT	

It's important to eat foods from all of the food groups. Aim to meet the recommended daily serves in the table below and fortify them with protein and energy using the suggestions for use.

<b>MEAT AND MEAT ALTERNATIVES</b>	<b>SUGGESTIONS FOR USE</b>
<p><b>Meat, fish, poultry, eggs, nuts and legumes (eg. soybeans, tofu, baked beans, lentils, kidney beans).</b></p> <p><u>Aim for 2-3 serves/day</u></p> <p>1 serve = 65-100g meat, chicken, fish            = 170g tofu            = 2 eggs            = 30g nuts            = 1 cup cooked/canned legumes/beans e.g. lentils, chickpeas</p> <p><i>* Avoid high fat meats if you need to manage your cholesterol levels e.g. sausages, salami, visible fat and skin on chicken.</i></p>	<p><b>These are great sources of protein and energy.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Add lentils, kidney beans or tofu to soups, stews, salads and casseroles</li> <li><input type="checkbox"/> Fry meats, fish and chicken. Crumb meats before frying for added energy</li> <li><input type="checkbox"/> Use creamy gravies or sauces on meats</li> <li><input type="checkbox"/> Choose meat dishes with added cream or yoghurt (e.g. Beef Stroganoff) or pastry</li> <li><input type="checkbox"/> Add ham and cheese to egg dishes</li> <li><input type="checkbox"/> Add nuts to desserts and cereals, or eat as a snack</li> <li><input type="checkbox"/> Try baked beans or eggs as an easy meal</li> </ul>
<b>DAIRY (AND ALTERNATIVES)</b>	<b>SUGGESTIONS FOR USE</b>
<p><b>Milk, cheese, yoghurt, ice cream, custard etc.</b></p> <p><u>Aim for 2.5 serves/day</u></p> <p><i>(4 serves for women over)</i></p> <p>1 serve = 2 slices (40g) cheese            = 1 small carton yoghurt (200g)            = 1 cup (250mL) milk            = 3 scoops of ice cream</p> <p><i>Note: Soy and Lactose free varieties can be substituted for dairy. Almond, rice or oat milks are typically much lower in protein and sometimes energy. Aim for 100mg of calcium per 100ml where possible.</i></p> <p><i>* Choose low fat dairy if you need to manage your cholesterol levels.</i></p>	<p><b>Milk and dairy-based foods are great sources of protein and energy.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make porridge, soups, desserts and drinks with milk instead of water</li> <li><input type="checkbox"/> Add cheese or yoghurt to soups, casseroles, pasta, vegetables and sauces</li> <li><input type="checkbox"/> Add yoghurt to cereal and salad dressings</li> <li><input type="checkbox"/> Add ice-cream, custard or yoghurt to drinks, desserts and fruit</li> <li><input type="checkbox"/> Add milk powder to milk (enriched milk)</li> <li><input type="checkbox"/> Make milkshakes with ingredients such as milk, milk powder, ice-cream, yoghurt, fruit, honey/toppings</li> <li><input type="checkbox"/> Have a <i>Milo, Aktavite, Ovaltine, Sustagen</i> or <i>Nesquik</i> everyday</li> </ul>

BREAD, CEREALS, PASTA & RICE	SUGGESTIONS FOR USE
<p><b>All types of bread, savoury and sweet biscuits, breakfast cereals, rolled oats, rice, pasta and flours.</b></p> <p><u>Aim for 6 serves/day</u> (70+ years: 3-4 serves)</p> <p>1 serve</p> <ul style="list-style-type: none"> <li>= 1 slices bread or ½ medium bread roll</li> <li>= ½ cup porridge</li> <li>= ⅔ cup breakfast cereal</li> <li>= ¼ cup muesli</li> <li>= ½ cup cooked rice/pasta/noodles</li> <li>= 3 plain crackers/crispbreads</li> </ul>	<p><b>Breads/cereals are a great source of energy.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use raisin or cinnamon toast with margarine as a snack</li> <li><input type="checkbox"/> Add margarine to bread, pasta or rice</li> <li><input type="checkbox"/> Spread avocado or cream cheese on bread/sandwiches</li> <li><input type="checkbox"/> Make French toast with eggs, cream and margarine</li> <li><input type="checkbox"/> Try <i>Nutella</i>, peanut butter, hummus on bread, crackers and plain biscuits</li> <li><input type="checkbox"/> Add nuts, seeds, yoghurt, honey, dried fruit to breakfast cereal</li> <li><input type="checkbox"/> Sprinkle <i>Sustagen</i> or <i>Ensure</i> powder on breakfast cereal</li> <li><input type="checkbox"/> Spread margarine on both sides of a toasted sandwich</li> <li><input type="checkbox"/> Consider tinned spaghetti as a snack</li> <li><input type="checkbox"/> Try creamed rice for dessert</li> </ul>
VEGETABLES	SUGGESTIONS FOR USE
<p><b>Vegetables - raw, cooked mashed, pureed or vegetable juice.</b></p> <p><u>Aim for 5 or more serves/day</u></p> <p>1 serve = ½ cup cooked vegetables</p> <ul style="list-style-type: none"> <li>= 1 cup raw vegetables (salad)</li> <li>= ½ cup sweet corn</li> <li>= ½ medium potato</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Add milk powder, <i>Sustagen Neutral</i>, milk, margarine and cream to mashed vegetables</li> <li><input type="checkbox"/> Top baked potato with baked beans, cheese, cream or savoury mince</li> <li><input type="checkbox"/> Add margarine, sauces or grated cheese on vegetables</li> <li><input type="checkbox"/> Use mayonnaise and oil- or cream-based dressings on salads</li> <li><input type="checkbox"/> Make vegetable soup with cream, sour cream or evaporated milk</li> <li><input type="checkbox"/> Roast vegetables with oil</li> </ul>

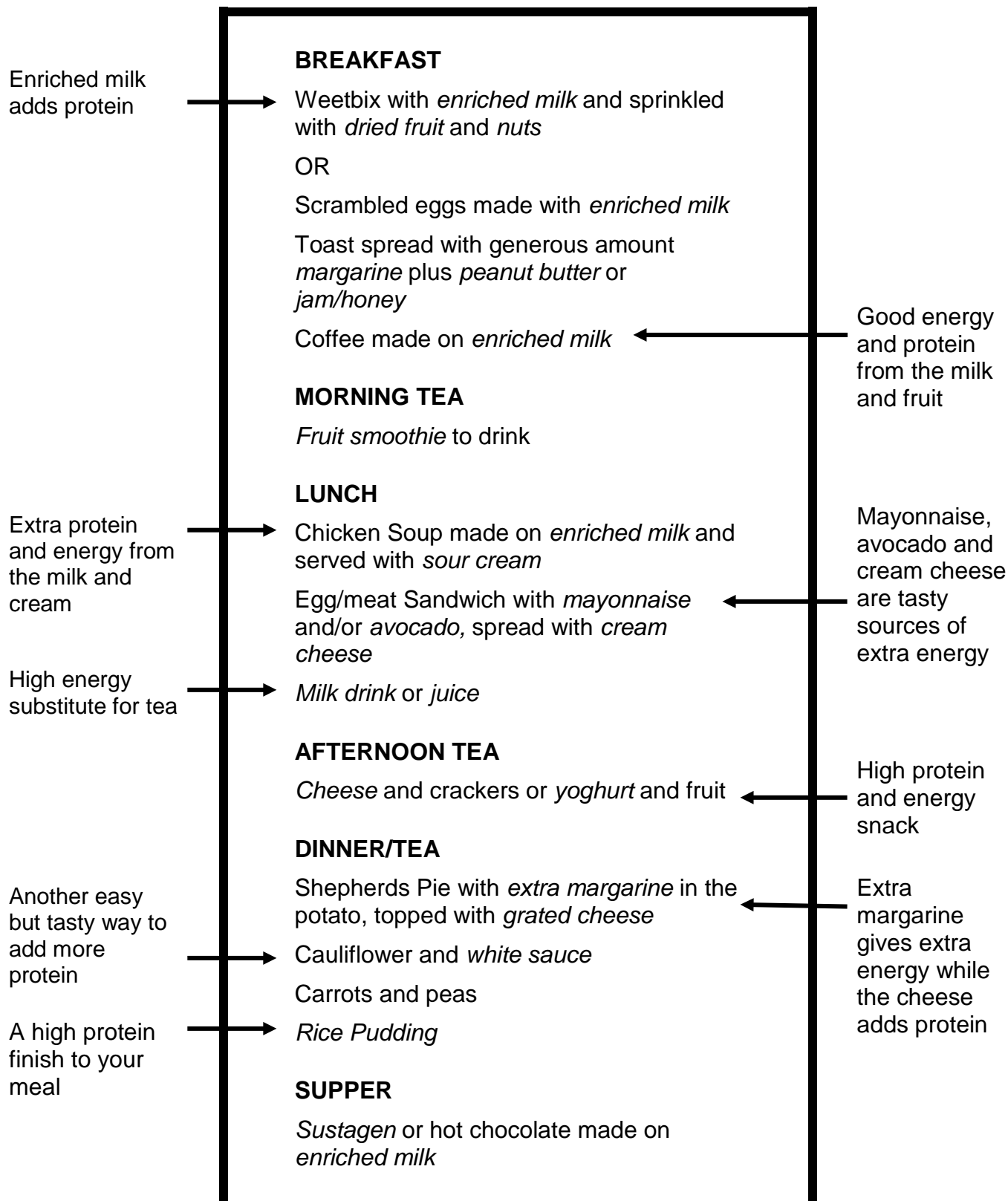
FRUIT	SUGGESTIONS FOR USE
<p><b>Fruit - raw, cooked, tinned, stewed, mashed, pureed, dried fruit, fruit juice.</b></p> <p><u>Aim for 2 serves/day</u></p> <p>1 serve = 1 piece medium-sized fruit            = 2 small pieces of fruit            = 1 cup tinned/cooked fruit            = 1½ tablespoons dried fruit            = ½ cup (125mL) fruit juice</p>	<p><input type="checkbox"/> Use in milkshakes/smoothies</p> <p><input type="checkbox"/> Drink fruit juice for extra energy</p> <p><input type="checkbox"/> Pair fruit with custard, yoghurt, cream or ice cream</p> <p><input type="checkbox"/> Eat dried fruit with nuts and seeds as a snack</p> <p><input type="checkbox"/> Dip fruit in melted chocolate</p>
FATS & OILS	SUGGESTIONS FOR USE
<p><b>Butter, margarine, avocado, cream, coconut cream, mayonnaise and oil (Olive, canola, peanut, sesame, rice bran, sunflower or safflower).</b></p> <p><u>1 tablespoon or more/day</u></p> <p><i>* Avoid palm and coconut oils, cream and butter if your need to manage your cholesterol levels.</i></p>	<p><input type="checkbox"/> Add cream to drinks, desserts and cereals</p> <p><input type="checkbox"/> Use margarine, butter and oil when cooking</p> <p><input type="checkbox"/> Add sour cream to vegetables</p> <p><input type="checkbox"/> Use cream sauces on pasta and vegetables</p> <p><input type="checkbox"/> Use margarine/butter on bread, biscuits, rice and pasta</p> <p><input type="checkbox"/> Use avocado in sandwiches, salads and as a topping on potato or crackers</p>

## What about heart health?

If you need a high protein and energy diet and also need to manage your cholesterol levels, here are some options for you to choose:

1. Use canola, olive, safflower, sunflower oil in cooking instead of butter or other animal fats.
2. Cut any visible fat or skin off your meat/chicken.
3. Try margarine, peanut butter, avocado, tahini, hummus or lite cream cheese as a spread on bread instead of butter or cream cheese.
4. Add avocado to sandwiches or salads.
5. Add dried fruit and nuts to cooking, or have them as a snack on their own.
6. Enrich milk with skim milk powder rather than using full cream milk.

## Sample meal plan



## Quick snack suggestions

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

## Great sandwich fillings

- Tinned salmon or tuna with mayonnaise
- Egg with mayonnaise
- Peanut butter
- Hommus, cheese and salad
- Cheese with avocado, vegemite, tomato or chopped gherkins
- Cold meats – with cheese/ avocado/ salad
- Baked beans
- Mashed banana, cream cheese and honey
- Toasted chicken, cheese and mayonnaise
- Leftovers on toasted sandwich e.g. meat sauce and cheese

## 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. *Sanitarium So Good*) or lactose free milk 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 and whisk until dissolved. (For 1 litre of milk, use 4 heaped tablespoons of milk 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.

### **CHOCOLATE MILKSHAKE (serves 1)**

- 1 cup milk
- 1 tablespoon milk powder
- 1 tablespoon chocolate powder (Nesquik or Milo) or chocolate flavouring
- 2 scoops ice cream (vanilla or chocolate)

### **FRUIT SMOOTHIE (serves 1)**

- 1 cup milk
- 1 ripe banana or cup of tinned fruit
- 1 tablespoon milk powder
- 2 scoops ice cream or ½ cup yoghurt

Replace the milk powder in these recipes with *Sustagen* or *Ensure* powder for extra energy and protein.

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 the “High Protein, High Energy Recipes” leaflet.**