



## High Protein High Energy Diet

A High Protein 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, nausea or other symptoms.
- You have increased energy and protein requirements.

**Energy** refers to the kilojoules or calories in our food and drinks. Some foods have more energy than others. The amount of energy delivered depends on the nutrients it comes from – either carbohydrates, protein or fat.

**Protein** is used to build, maintain and repair tissues in the body. It can also be used as a source of energy. High protein foods include meat, fish, chicken, eggs, dairy/alternatives (cheese, milk, yoghurt), beans/legumes, nuts/seeds and tofu/tempeh.

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

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

### How do I increase or maintain my weight?

- ✓ Eat small frequent meals that are high in protein and energy. Try having six small meals per day or eating every two to three hours.
- ✓ **Fortify\*** your foods - for tips on fortifying/enriching see over page.
- ✓ Eat the protein part of your meal first to ensure the most important part is eaten before you feel too full.
- ✓ Replace tea, coffee or water with milk/alternative or juice-based drinks. When your appetite is poor, it is often easier to drink your nutrition. Ask your Dietitian about *Nourishing Drinks* recipes.
- ✓ Prepare bulk meals and freeze leftovers on days when you have more energy. Stock cupboards with convenience foods such as canned soup, long life milk or try pre-prepared/delivered meals. Ask your Dietitian about our *Home Meal & Grocery Delivery Options* handout.
- ✓ You can eat any of the suggested meal and snack ideas at any time of day. For example, dessert for breakfast or cereal for dinner.
- ✓ Enjoy meals with friends or family – eating socially can sometimes help you to eat more or more regularly.

## Meal and Snack Ideas

Below are some simple ways to increase the energy and protein in your meal. Discuss serve sizes with your Dietitian.

Breakfast Ideas	Tips to get the most out of your meal
Cereal/porridge	<ul style="list-style-type: none"> <li>• Add cream, honey, nuts and/or seeds</li> <li>• Add diced fruit</li> <li>• Choose full cream milk/alternative instead of water</li> <li>• Enrich your milk by adding milk powder or protein powder to your usual milk of choice</li> </ul>
Toast/Croissant/English Muffin/Crumpet	<ul style="list-style-type: none"> <li>• Add tin baked beans</li> <li>• Add ham and/or cheese</li> <li>• Add ricotta and/or honey</li> <li>• Add avocado</li> <li>• Add nut butter e.g. peanut, cashew</li> </ul>
Pancakes/waffles	<ul style="list-style-type: none"> <li>• Add ice cream/yoghurt</li> <li>• Add honey/maple syrup</li> </ul>
Eggs (cooked to your liking)	<ul style="list-style-type: none"> <li>• Add cheese or chopped bacon/smoked salmon</li> <li>• Add milk powder/protein powder</li> </ul>
Fruit and yoghurt	<ul style="list-style-type: none"> <li>• Add honey</li> <li>• Add nuts and/or seeds and/or muesli</li> <li>• Add LSA</li> </ul>
HPHE drink *Recipes available - ask your Dietitian	<ul style="list-style-type: none"> <li>• Choose full cream milk/alternative instead of skim/low fat</li> <li>• Add ice cream and/or yoghurt</li> <li>• Add fruit</li> <li>• Add honey, nuts and/or seeds</li> <li>• Add flavouring of choice e.g. Milo, chocolate/strawberry/ caramel syrup</li> </ul>
Lunch/Dinner Ideas	Tips to get the most out of your meal
Sandwiches/Wraps	<ul style="list-style-type: none"> <li>• Choose nourishing fillings (tuna &amp; mayonnaise, chicken &amp; cheese, tofu &amp; salad, hummus &amp; fetta, egg)</li> <li>• Add thick spread of butter/margarine/avocado</li> </ul>
Salad	<ul style="list-style-type: none"> <li>• Include egg, meat, falafel, cheese or tuna/salmon</li> <li>• Add oily or creamy dressing e.g. French, Thousand Island, Caesar, Italian</li> <li>• Add quinoa, chickpeas, brown rice &amp;/or pasta</li> <li>• Add avocado, nuts/seeds (roast in pan or oven for extra flavour) 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 or protein powder</li> <li>• Add sour cream/natural yoghurt/cheese/naan bread</li> </ul>

Lunch/Dinner Ideas	Tips to get the most out of your meal
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/cheese to jacket potatoes</li> <li>• Add white sauces/gravies</li> <li>• Melt cheese on vegetables</li> <li>• Prepare with extra oil</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 or beans/legumes</li> <li>• Incorporate cheese into dish or top with grated cheese</li> <li>• Choose full cream products (milk and cream)</li> <li>• Prepare with extra oil</li> </ul>
HPHE drink *Recipes available - ask your Dietitian	<ul style="list-style-type: none"> <li>• See ideas in breakfast section above</li> </ul>
Small Meal Ideas or Snacks	Tips to get the most out of your meal
Ready to drink milk drink or hot chocolate <ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Choose full cream milk/alternative instead of low fat/water</li> <li>• Add extra scoops of <i>milo</i><sup>TM</sup> or chocolate powder</li> <li>• If choosing pre-prepared try <i>Up n Go Energize</i><sup>TM</sup>, <i>Sanitarium PB</i><sup>TM</sup> or <i>Breaka</i><sup>TM</sup> or <i>Quick Start</i><sup>TM</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>TM</sup> or <i>Chobani</i><sup>TM</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 options of ice cream e.g. <i>FroPro</i><sup>TM</sup> or <i>Halo</i><sup>TM</sup></li> <li>• Add flavouring of choice e.g. <i>Milo</i><sup>TM</sup>, chocolate/strawberry/ caramel syrup, <i>Ovaltine</i><sup>TM</sup> or nuts</li> </ul>
Dried fruit and/or nuts	<ul style="list-style-type: none"> <li>• Try roasted chickpeas/broad beans (e.g. Fava Beans)</li> <li>• Mix into yoghurt or top on cereal</li> </ul>
Cheese or dips with biscuits or bread	<ul style="list-style-type: none"> <li>• Try dips made with cream cheese, beans (e.g. hummus or black bean), avocado or sour cream</li> </ul>
Cakes, pikelets, muffins and biscuits	<ul style="list-style-type: none"> <li>• Try using chickpea/coconut flour or almond meal for extra protein</li> <li>• Spread butter/margarine/cream on top when warm</li> </ul>
Biscuits or veggie sticks	<ul style="list-style-type: none"> <li>• Dip in nut butter</li> <li>• Dip in of cheese/cream dip or hummus</li> <li>• Add cheese to savoury biscuits instead of having sweet biscuits</li> </ul>
Eggs (cooked to your liking) e.g. boiled egg, frittata, scramble	<ul style="list-style-type: none"> <li>• Add cheese, full cream milk and/or bacon/ham to quiches, frittatas, omelette/scrambled egg</li> <li>• Prepare extra boiled extra eggs/frittata for when you have less energy</li> </ul>
Falafel patties	<ul style="list-style-type: none"> <li>• Dip in natural yoghurt/sour cream/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, peanut butter, cheese &amp; vegemite</li> <li>• Add extra butter/margarine</li> </ul>
Tinned tuna/salmon	<ul style="list-style-type: none"> <li>• Add mayonnaise / cream cheese</li> <li>• Serve on crackers</li> <li>• Make into patties/fritters using sweet potato or eggs</li> <li>• Add into sandwich/wrap</li> </ul>

## Sample Meal Plan

Meal Time	Meal Idea	Tips
Breakfast	Avocado and scrambled eggs on toast	Eat the topping off toast first Use butter/margarine on the toast Use cream and/or milk powder to fortify eggs
Morning Tea	Strawberry smoothie	Fortify recipe with milk, yoghurt, ice cream, nuts and milk powder
Lunch	Roast chicken, mashed potato and mixed vegetables	Eat chicken first, followed by mashed potato and then vegetables Add butter/cream/milk powder to mashed potato or add creamy sauce to chicken/vegetables Cook chicken in oil and use creamy sauce/gravy when serving
Afternoon Tea	Veggie sticks and creamy dip/soft cheese	Scoop large amounts of dip/cheese with less veggie sticks
Dinner	Creamy pumpkin soup with lentils and garlic bread	Add extra cream, lentils and sprinkle with cheese
Supper/Dessert	Chocolate milk (hot or cold) and cookies	Drink chocolate milk before eating cookies

### FAQ's

#### 1. What does **fortify\*** mean?

Food fortification means adding extra energy (sugar/fat) and protein to your meals and drinks without increasing the size or volume. It means that each mouthful you take is as high in energy and protein as it can be!

#### 2. Do I need to make sure I eat enough fruit and vegetables?

Whilst fruit and vegetables are nutrient rich, they are lower in energy and protein. It is important to prioritise or pair protein rich foods with fruits and vegetables you enjoy. For example, yoghurt with berries.

#### 3. What about protein powders/supplements?

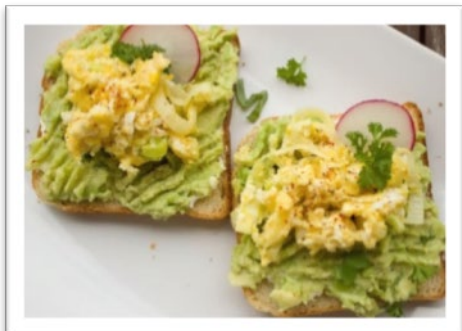
If you continue to lose weight unintentionally with a 'food first' approach, your Dietitian or Doctor might recommend a protein powder/supplement suitable to your specific needs. These could include, *Sustagen<sup>TM</sup>*, *Ensure<sup>TM</sup>* or Pea Protein (*Raw<sup>TM</sup>* or *Vital Protein<sup>TM</sup>*).

#### 4. Why do I need to worry about eating well when I am being less active?

Even if you are being less active than you normally would, your body still requires additional energy and protein to protect, heal and recover from illness/infection.

## Sample Meal Plan

### Breakfast – Avocado and Scrambled Eggs on Toast



**Tips:** Eat topping off toast first.

### Lunch – Roast Chicken, Chips and Mixed Vegetables



**Tips:** Eat chicken first, followed by chips and then vegetables. Add a creamy sauce.

### Dinner – Creamy Pumpkin Soup with Lentils



**Tips:** Add extra cream, lentils and sprinkle with cheese. Add garlic bread.

### Morning Tea – Strawberry Smoothie



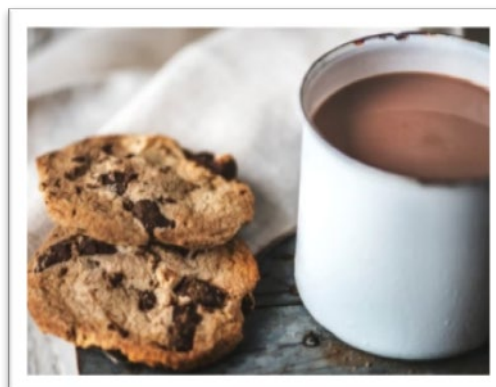
**Tips:** Fortify recipe with milk, yoghurt, ice cream, nuts and milk powder.

### Afternoon Tea – Veggie Sticks and Creamy Dip



**Tips:** Scoop large amounts of dip with less veggie sticks.

### Dessert – Chocolate Milk and Cookies



**Tips:** Drink chocolate milk before eating cookies