Heart friendly high protein high energy (HPHE) diet

This diet may be important if you have a heart condition or are at high risk of heart disease AND, you are:

- Underweight
- Losing weight without trying
- Experiencing a poor appetite
- Feeling full after only a small meal
- Finding it difficult to eat meals due to shortness of breath
- Experiencing increased nutritional needs e.g. wound healing, recent major surgery, heart failure

A diet high in energy and protein can help prevent weight loss and maintain muscles. You may still notice weight changes due to fluid losses/gains.

Inadequate nutrition can:
- Increase risk of infections
- Delay wound healing
- Reduce muscle strength, mobility
- Reduce energy levels and cause fatigue/tiredness
- Cause malnutrition or make it worse

High protein foods:
- Unflavoured reduced-fat milk, yoghurt and cheese.
- Fish and seafood
- Lean poultry
- Lean red meat (tip: limit to 1-3 times a week and limit processed meats)
- Eggs
- Legumes e.g. lentils, chickpeas
- Unsalted nuts and seeds
- Soy milk
- Tofu
- Vegetarian sausages/patties

High energy foods:
- Oils e.g. extra virgin olive oil, canola, sunflower, sesame, peanut
- Salt-reduced margarine or olive oil spread
- Peanut butter (tip: no added salt or sugar)
- Salad dressing (tip: regular, oil-based)
- Avocado
- Fruit juice (tip: no added sugar)

It is still important to choose nutritious foods that support your heart health.
**Tips to maintain or increase your dry weight:**

- Try 6 smaller meals over the day rather than 3 large meals
- Include a high protein food with each meal and snack
- Add extra protein and energy to your meals or drinks using skim milk powder, olive oil, LSA (linseed, sunflower seed, almond), almond meal or chia seeds
- Have quick meals and snacks available for when you don’t feel like cooking (e.g. salt-reduced soups, baked beans, frozen meals, yoghurt, crackers and cheese)
- Include milk-based desserts e.g. yoghurt or custard and fruit
- Drink nutritious fluids (e.g. milk, juice, smoothie/ milkshake, milky coffee) instead of tea, coffee or water *(Remember to count all drinks if you are on a fluid restriction)*
- Nutrition supplement drinks may be suitable if you are unable to maintain your weight with food alone (e.g. Sustagen Hospital Formula, Ensure, Advital). Discuss with your Dietitian. *(Remember to count all drinks if you are on a fluid restriction)*

**Snack suggestions:**

- Wholemeal crackers with cheese, hummus, tahini, avocado or salt-reduced peanut butter
- Tin of canned fish
- Quiche, frittata, zucchini slice or a boiled egg
- Handful of nuts and/or dried fruit
- Milk, soy milk, milkshake or smoothie
- Yoghurt, custard or dairy dessert
- Sandwiches with a protein filling (e.g. tuna, unprocessed cold meat, reduced-fat cheese)
- Raisin toast with salt-reduced margarine or ricotta cheese
- Muesli bar or nut bar
- Homemade muffin, cake, pikelet or biscuit made with margarine or oil
Have a variety of foods every day:

<table>
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<tr>
<th>Food group</th>
<th>HPHE suggestions</th>
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| Breads, cereals, pasta, rice and noodles | • Add extra margarine*, peanut butter*, avocado, ricotta, cream cheese, jam, honey or syrup to bread, toast, muffins or biscuits  
• Mix in almond meal, LSA, and/ or pepitas to porridge and cereals  
• Have sandwiches with egg, cheese*, canned fish or cold roast meat  
• Add fruit or dried fruit and yoghurt to breakfast cereals  
• Include muesli bars and nut bars  
• Add olive oil to pasta or noodles |
| Dairy foods                 | • Make porridge, soups*, desserts and drinks with low fat milk instead of water  
• Enrich milk by mixing 1 Tbsp skim milk powder to 1 cup of milk  
• Low fat cheese* with crackers*  
• Milk puddings e.g. creamed rice, panna cotta  
• Add yoghurt to milk drinks, desserts and fruit  
• Add chia seeds or peanut butter powder to smoothies |
| Fruits and Vegetables      | • Serve fruit with custard or yoghurt  
• Make smoothies with fruit, milk or yogurt  
• Use dried fruit as a snack  
• Add salt-reduced margarine, reduced-fat grated cheese or cheese sauce or olive oil to vegetables and mashed potato  
• Add an olive oil-based dressing to salads  
• Stir fry or roast vegetables with oil |
| Meat and Meat Alternatives | • Cook meat, fish or chicken in extra virgin olive oil, rice bran, canola, safflower or sunflower oils  
• Add lentils, kidney beans, chickpeas or four bean mix to soups, stews or casseroles. If using canned legumes or lentils, rinse in water to remove any added salt  
• Try salt-reduced baked beans and eggs on toast as an easy meal  
• Snack on unsalted nuts and seeds and add them to salads and desserts |

*Some of these foods are high in salt. Look for reduced salt options and check your reduced salt NEMO resource.
My usual food intake | Tips to increase energy and protein

| BREAKFAST |                   |
| MORNING TEA |                   |
| LUNCH |                   |
| AFTERNOON TEA |                   |
| DINNER |                   |
| SUPPER |                   |

Things I can do to improve my protein and energy intake:

1. 

2. 

3. 

For further information contact your Dietitian: __________________________

Phone: ______________________