

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

It is still important to choose nutritious foods that support your heart health.

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*)

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:

Food group	HPHE suggestions
Breads, cereals, pasta, rice and noodles	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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
	<p>*Some of these foods are high in salt. Look for reduced salt options and check your reduced salt NEMO resource.</p>

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: _____

