Heart friendly high protein high energy (HPHE) diet

You may require this diet if you have a cardiac condition or risk factors for cardiovascular 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
- Having increased nutritional requirements e.g. after major surgery, heart failure

A diet high in energy and protein can help to prevent losing dry weight and maintain muscles and body tissues.

Inadequate nutrition can:
- Increase risk of infections
- Delay wound healing
- Reduce strength, mobility
- Reduce energy levels and cause fatigue

It is still important to look after your heart health by choosing nutritious food options.

High protein foods:
- Reduced fat or skim dairy products e.g. milk, cheese, yoghurt, milk powder
- Meat, chicken (tip: lean, remove skin and trim visible fat)
- Fish
- Eggs
- Legumes e.g. lentils, chickpeas
- Unsalted nuts and seeds
- Soy milk
- Tofu, vegetarian sausages/ patties

High energy foods:
- Oils e.g. olive, safflower, sunflower, rice bran, canola
- Salt-reduced margarine or olive oil spread
- Peanut butter (tip: no added salt or sugar)
- Salad dressing
- Avocado
- Fruit juice (tip: no added sugar)
Tips to increase your dry weight:

- Eat more often and have snacks between main meals
- Try 6 smaller meals over the day rather than 3 large meals
- Include a protein food with each meal and snack
- Fortify meals or drinks with skim milk powder, olive oil, LSA (linseed, sunflower seed, almond), almond meal or chia seeds
- Keep ready-to-eat 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
- Prioritise HPHE fluids (e.g. milk, juice, smoothie/ milkshake, milky coffee) over tea, coffee or water
  *(Count if on a fluid restriction)*
- Nutrition supplement drinks may be suitable e.g. Sustagen, Ensure, Proform. Discuss with your Dietitian
  *(Count if on a fluid restriction)*

Snack suggestions:

- Reduced fat cheese, cottage cheese, hummus, tahini, avocado or salt-reduced peanut butter on wholemeal crackers
- Tin of tuna or salmon
- Quiche, frittata or zucchini slice
- Handful of nuts and dried fruit
- Milk, soy milk, milkshake or smoothie
- Yoghurt, custard, dairy dessert
- Sandwiches with a protein filling (e.g. tuna, chicken, 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>
<thead>
<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*, tuna or fresh cold meat  
  • Add fruit or dried fruit and yoghurt to breakfast cereals  
  • Include muesli bars and nut bars  
  • Add olive oil to pasta or noodles  
  • Add extra margarine*, peanut butter*, avocado, ricotta, cream cheese, jam, honey or syrup to bread, toast, muffins or biscuits  
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  • 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 each cup  
  • 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, yoghurt or ice-cream  
  • Make smoothies with fruit, milk, ice cream or yogurt  
  • Use dried fruit as a snack  
  • Add salt-reduced margarine, low 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, chicken in olive, 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.
## Suggested Meal Plan

### BREAKFAST
- 2 slices wholegrain toast with 2 eggs, avocado, peanut butter or low fat cottage cheese, OR
- Porridge with low fat milk and a tablespoon of almond meal, LSA or chia seed, OR
- 1 cup salt-reduced baked beans, handful baby spinach and grated cheese, OR
- Fruit smoothie (soy or low fat milk + fresh fruit + yoghurt + chia seeds)

### MORNING TEA
- Handful (30g) raw nuts and 2 tbsp dried fruit, OR
- Fruit smoothie (soy or low fat milk + fresh fruit + yoghurt + chia seeds)

### LUNCH
- 2 cups salad with 1 cup four bean mix, pumpkin seeds, avocado and olive oil dressing, OR
- ½ roasted medium sweet potato with lean mince and kidney beans, natural yoghurt and grated cheese, OR
- Small tin tuna in olive oil, 2 tablespoon avocado and rye toast, OR
- Sandwich with salt-reduced margarine or olive oil spread, egg, lettuce and mayonnaise

### AFTERNOON TEA
- 200g low fat yoghurt, OR
- 1 slice raisin toast with ricotta or cottage cheese, OR
- 2 slices (40g) low fat cheese or avocado on wholegrain crackers

### DINNER
- 100-150g lean meat, chicken or fish and vegetables or salad, OR
- Brown rice or quinoa with lentils, roasted capsicum, eggplant + spinach or green vegetables with pesto or olive oil dressing, OR
- Chicken and vegetable soup with added 2 tbsp skim milk powder with 1 slice wholegrain bread with salt-reduced margarine or olive oil spread

### SUPPER
- Glass (200mL) low fat milk

### Things I can do to improve my food intake:
1. 
2. 
3. 
4. 

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**For further information contact your Dietitian:**

**Phone:**

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