

Quick tips for a high protein high energy diet

This information can be used to gain weight or help prevent further weight or muscle loss.

Aim to include high protein and high energy foods at meals and snacks:

High protein foods	High energy foods
<ul style="list-style-type: none"> • Red meat (e.g. beef, lamb), poultry (e.g. chicken), fish or meat alternatives (e.g. tofu, falafel, seitan, TVP, Quorn) • Eggs • Dairy foods: milk, milk alternatives, cheese, yoghurt, custard • Nuts and seeds • Beans (chickpeas, cannellini, lentils, black, kidney, baked) 	<ul style="list-style-type: none"> • Butter, cream, margarine, oil, avocado • Sour cream, mayonnaise, creamy salad dressing • Chocolate, lollies, ice-cream, sweet biscuits, desserts • Sugar, honey, jam, dried fruit • Soft drinks, cordial, juice

Example snacks and strategies:

- Add these foods to your favourite meals:
 - grated cheese to soups, pasta, vegetables, sauces during cooking
 - extra butter/margarine on sandwiches, vegetables, cakes
 - cream in sauces, porridge, dessert
 - nuts/seeds (e.g. sunflower seeds, chia seeds, almonds, LSA) on cereal
 - peanut butter or tahini on toast or with fruit/vegetable stick
 - ice-cream, yoghurt, nuts, topping or custard to desserts
 - olive oil to food before serving
- Aim for 6 smaller meals per day if you feel full quickly, including snacks such as cheese/ dips and crackers, hard-boiled egg
- Don't rely on your appetite – try to eat by the clock and eat something every 2-3 hours
- Choose full cream/ fat dairy products
- Choose nutritious drinks (e.g. plain or flavoured milk, fortified milk alternatives, smoothies, Sustagen, Ensure, pea protein) instead of tea, coffee, water
- Prioritise eating your meat/meat alternatives and desserts first
- Fry your food in oil or butter instead of steaming, boiling or air frying