Quick Tips for a High Protein High Energy Diet

High protein foods include:
- Meat, chicken, fish
- Eggs
- Milk (plain or flavoured)
- Cheese (all types)
- Yoghurt, custard
- Nuts (all types)
- Baked beans, bean mix, chickpeas

High protein and/or energy snacks:
- Yoghurt, custard
- Dairy desserts e.g. Fruche, junket
- Ice-cream with nuts or topping
  (in a cone or bowl, or on a stick)
- Desserts e.g. creamed rice
- Cheese/ dips and crackers
- Hard boiled egg
- Dried fruit and nuts
- Potato chips or crisps
- Crumpets, pikelets or scones
- Muffins (sweet or savoury)
- Cakes and biscuits
- Pastries e.g. danish, croissant

High energy foods include:
- Butter, margarine
- Oil (all), salad dressing (full fat)
- Cream, sour cream, mayonnaise
- Dried fruit
- Chocolate, lollies, ice-cream
- Sugar, honey, jam
- Soft drinks, cordial, juice

Suggestions for your diet...
- Aim for 6 smaller meals per day
- Don’t rely on your appetite – try to eat something every 2-3 hours
- Choose full cream/ fat dairy products
- Choose nutritious drinks (e.g. plain or flavoured milk, smoothies, Sustagen, Ensure) instead of tea, coffee, water
- Add these foods to favourite meals:
  - grated cheese to soups, pasta, vegetables, sauces
  - extra butter/margarine on sandwiches, vegetables, cakes
  - cream in sauces, porridge, dessert
- Include eggs as a meal or snack
  (boiled, fried, poached, omelette, salad sandwich, toast)

Dietitian: ____________________________
Phone number: ________________________