Healthy high protein, high energy diet

If you are underweight, have recently lost weight, or can't eat enough due to a poor appetite, it can be difficult to maintain good nutrition.

- If you are feeling full quickly, try having six small meals a day instead of three meals
- Avoid drinking fluids with meals as they may fill you up
- Make sure you have foods that you like or find appetising on hand.

Nourishing foods for weight gain or maintaining weight

| Oils (olive, canola, peanut, sesame, rice bran, macadamia, sunflower, safflower, margarine) | Use a small amount when cooking (e.g. frying, baking)  
Add to salads and vegetables  
Add to casseroles and soups  
Mix through pastas, noodles and rice  
Use when roasting vegetables  
Spread margarine generously on both sides of a toasted sandwich. |
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<td>*Avoid palm and coconut oils if you need to manage your cholesterol levels.</td>
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**Avocado** | Spread a small amount on sandwiches, toast or crackers  
Add to salads  
Use avocado dip as a topping on potatoes. |
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**Nuts and seeds, nut butters, almond meal, pesto, nut dips** | Eat nuts with dried fruit as a snack  
Add nuts/seeds to cereal, salads and desserts  
Use small amounts of peanut butter  
Add nuts/seeds to baked foods: use almond meal (ground almonds) as a flour substitute in recipes  
Use ground linseeds, sunflower seeds and almonds in smoothies, on cereal and in baking  
Use nut butters as a spread or in salad dressings  
Use pesto or nut based dips (e.g. cashew) on sandwiches, crackers or salads  
Mix pesto into pasta dishes. |
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**Seeds (sunflower, sesame, pumpkin, flaxseeds)** | Add to salads, baked goods, smoothies and yoghurt  
Sprinkle crushed seeds on cereal. |
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**Full or low fat dairy**  
*Choose low fat dairy products if you need to manage your cholesterol levels| Have yoghurt as a snack or on top of cereal  
Mix yoghurt into smoothies  
Use yoghurt in salad dressings  
Make enriched milk by adding four heaped table spoons of milk powder to every one cup of milk  
Add cheese or ricotta to mashed vegetables, soups and egg dishes  
Have cheese, cream cheese or cottage cheese on crackers, in salads and on sandwiches. |
| Beans, lentils, chickpeas and tofu | Add to salads, casseroles and soups  
Have hummus dip on crackers or sandwiches  
Blend soft tofu into soups, casseroles, stews  
Have baked beans on toast as an easy meal  
Add tinned lentils or kidney beans to a bolognese sauce or burritos. |
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| Lean meat, fish and eggs (chicken, pork, beef, lean mince, seafood and canned fish) | Use salmon/tuna/chicken/cold meat/eggs as a sandwich filling  
Add meats and eggs to salads  
Use savoury mince as a toast topping  
Have scrambled/ poached/ fried eggs or omelettes for an easy meal  
Have hard boiled eggs as a snack  
Use fish canned in oil rather than brine or spring water. |
| *Avoid fatty meats if you need to manage your cholesterol levels (e.g. sausages, salami, chicken skin, visible fat on meat) | Top bread or toast with spreads such as pesto, avocado, hummus, cheese, peanut butter  
Add nuts, seeds, dried fruit, yoghurt or protein powder on top of cereal  
Mix pesto or olive oil through rice/pasta dishes  
Make mashed potato with extra milk, cheese and margarine  
Have a baked potato topped with baked beans, cheese or savoury mince  
Have creamed rice as a dessert  
Choose thick slices of bread/fruit toast. |
| Bread, cereal, pasta, rice, noodles and potato | Mix supplement powders with milk rather than water  
Add supplement powders to smoothies  
Sprinkle supplement powders on cereal or dairy desserts  
Neutral flavoured powders can be used in casseroles, soups, mashed vegetables, sauces, yoghurt, egg dishes, baking or in tea and coffee. |
| Supplement/protein powders and drinks e.g. Sustagen, Ensure, whey protein powder | *Discuss with your dietitian to determine a suitable amount for you |

These foods are naturally high in energy (calories) and protein to help with weight gain. They are also good for your general health. A balanced diet also includes fruits and vegetables. Although very nutritious, fruits and vegetables can be filling and are lower in energy, so always try to team them with at least one food from the table to boost their energy content. This diet is not designed to be followed long-term. It will require ongoing review with your dietitian.

Your dietitian is...

Phone...

Notes...

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