



High Protein High Energy Diet

High protein and/or high energy diet is useful when:

- you are underweight
- you are losing weight without trying
- you are unable to eat enough due to poor appetite or nausea
- you have increased energy and protein requirements

High protein foods include:

- Meat, fish and chicken
- Eggs
- Dairy products e.g. milk, cheese, yoghurt (including soy and lactose-free varieties)
- Beans, legumes, nuts and seeds
- Meat alternatives e.g. tofu, vegetarian sausages
- Protein supplements e.g. *Beneprotein*

High energy foods include:

- Full cream dairy products
- Margarine, butter, salad dressing, oil
- Soft drinks, cordial, chocolates, sweets, ice cream
- Nutritional supplements e.g. *Sustagen, Resource Plus, Ensure Plus* (these are also high in protein)

Eating to increase or maintain your weight

- ✓ Eat more often if you can't eat a lot. Aim for 6 smaller meals rather than 3 big meals a day, which may be too filling.
- ✓ Keep your favourite foods in the cupboard or fridge.
- ✓ Keep ready-to-eat meals and snacks handy for times when you don't feel like preparing food (e.g. tinned soups, frozen meals, yoghurt, nuts, cheese, biscuits and dips).
- ✓ Drink fluids that provide energy such as milk, juice, cordial or soft drink, instead of tea, coffee or water.
- ✓ As you start to improve and your activity level increases, you may need to increase your food intake as well.
- ✓ Keep a record of your weight to check if these changes are working.

Dietitian: _____

Phone number: _____

Date	Weight
GOAL WEIGHT	

Sometimes you may not feel like eating much, but to keep healthy it's important to eat foods from all of the food groups. Each day aim to eat the following:

MEAT AND MEAT ALTERNATIVES	SUGGESTIONS FOR USE
<p><i>Meat, fish, poultry, eggs, nuts and legumes (eg. soybeans, tofu, baked beans, lentils, kidney beans).</i></p> <p>Aim for 2-3 serves/day.</p> <p>1 serve = 65-100g meat, chicken, fish = 2 eggs = 30g nuts = 1 cup cooked/canned legumes/beans e.g. lentils, chickpeas</p>	<p>These are great energy and high protein suggestions.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Add lentils, kidney beans or tofu to soups, stews and casseroles <input type="checkbox"/> Fry meats, fish and chicken. Crumb meats before frying for added energy <input type="checkbox"/> Use gravies or sauces on meats <input type="checkbox"/> Choose meat dishes with added cream or yoghurt (eg Beef Stroganoff) or pastry <input type="checkbox"/> Add ham and cheese to egg dishes <input type="checkbox"/> Add nuts to desserts and cereals, or eat as a snack <input type="checkbox"/> Try baked beans or eggs as an easy meal
DAIRY (AND ALTERNATIVES)	SUGGESTIONS FOR USE
<p><i>Milk, cheese, yoghurt, ice cream, custard etc (including soy and lactose-free varieties)</i></p> <p>Aim for 2½ serves/day (Women over 50 years: 4 serves)</p> <p>1 serve = 2 slices (40g) cheese = 1 small carton yoghurt (200g) = 1 cup (250mL) milk = 3 scoops of ice cream</p> <p>All types of milk, yoghurt and cheese can be used. Full cream dairy products contain fat so they are higher in energy.</p>	<p>Milk and dairy-based foods are great sources of protein and energy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make porridge, soups, desserts & drinks with milk instead of water <input type="checkbox"/> Add grated cheese or yoghurt to soups, casseroles, pasta, vegetables and sauces <input type="checkbox"/> Add ice-cream, custard or yoghurt to drinks, desserts and fruit <input type="checkbox"/> Add milk powder to milk (enriched milk) <input type="checkbox"/> Make milkshakes with ingredients such as milk, milk powder, ice-cream, yoghurt, fruit, honey and topping <input type="checkbox"/> Have a <i>Milo, Aktavite, Ovaltine, Sustagen or Nesquik</i> everyday

BREAD, CEREALS, PASTA & RICE	SUGGESTIONS FOR USE
<p><i>All types of bread, savoury and sweet biscuits, breakfast cereals, rolled oats, rice, pasta and flours.</i></p> <p>Aim for 6 serves/day (70+ years: 3-4 serves)</p> <p>1 serve</p> <ul style="list-style-type: none"> = 1 slices bread or ½ medium bread roll = ½ cup porridge = 2/3 cup breakfast cereal = ¼ cup muesli = ½ cup cooked rice/pasta/noodles = 3 plain crackers/ crispbreads 	<p>Breads are a great source of energy.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use raisin or cinnamon toast with butter/margarine as a snack <input type="checkbox"/> Add margarine/ butter to bread, pasta, rice <input type="checkbox"/> Spread avocado or cream cheese on bread/sandwiches <input type="checkbox"/> Make French toast with eggs, cream, butter <input type="checkbox"/> Try <i>Nutella</i>, peanut butter, hommos on bread, crackers and plain biscuits <input type="checkbox"/> Add sugar, honey or dried fruit to breakfast cereal <input type="checkbox"/> Sprinkle <i>Sustagen</i> or <i>Ensure</i> powder on breakfast cereal <input type="checkbox"/> Spread butter/margarine on both sides of a toasted sandwich <input type="checkbox"/> Consider tinned spaghetti as a snack
VEGETABLES	SUGGESTIONS FOR USE
<p><i>Vegetables - raw, cooked mashed, pureed or vegetable juice.</i></p> <p>Aim for 5 or more serves/day</p> <p>1 serve = ½ cup cooked vegetables</p> <ul style="list-style-type: none"> = 1 cup raw vegetables (salad) = ½ cup sweet corn = ½ medium potato 	<ul style="list-style-type: none"> <input type="checkbox"/> Add milk powder, <i>Sustagen Neutral</i>, milk, butter/margarine and cream to mashed vegetables <input type="checkbox"/> Add margarine, sauces or grated cheese to vegetables <input type="checkbox"/> Use mayonnaise and oil- or cream-based dressings on salads <input type="checkbox"/> Make vegetable soup with cream, sour cream or evaporated milk

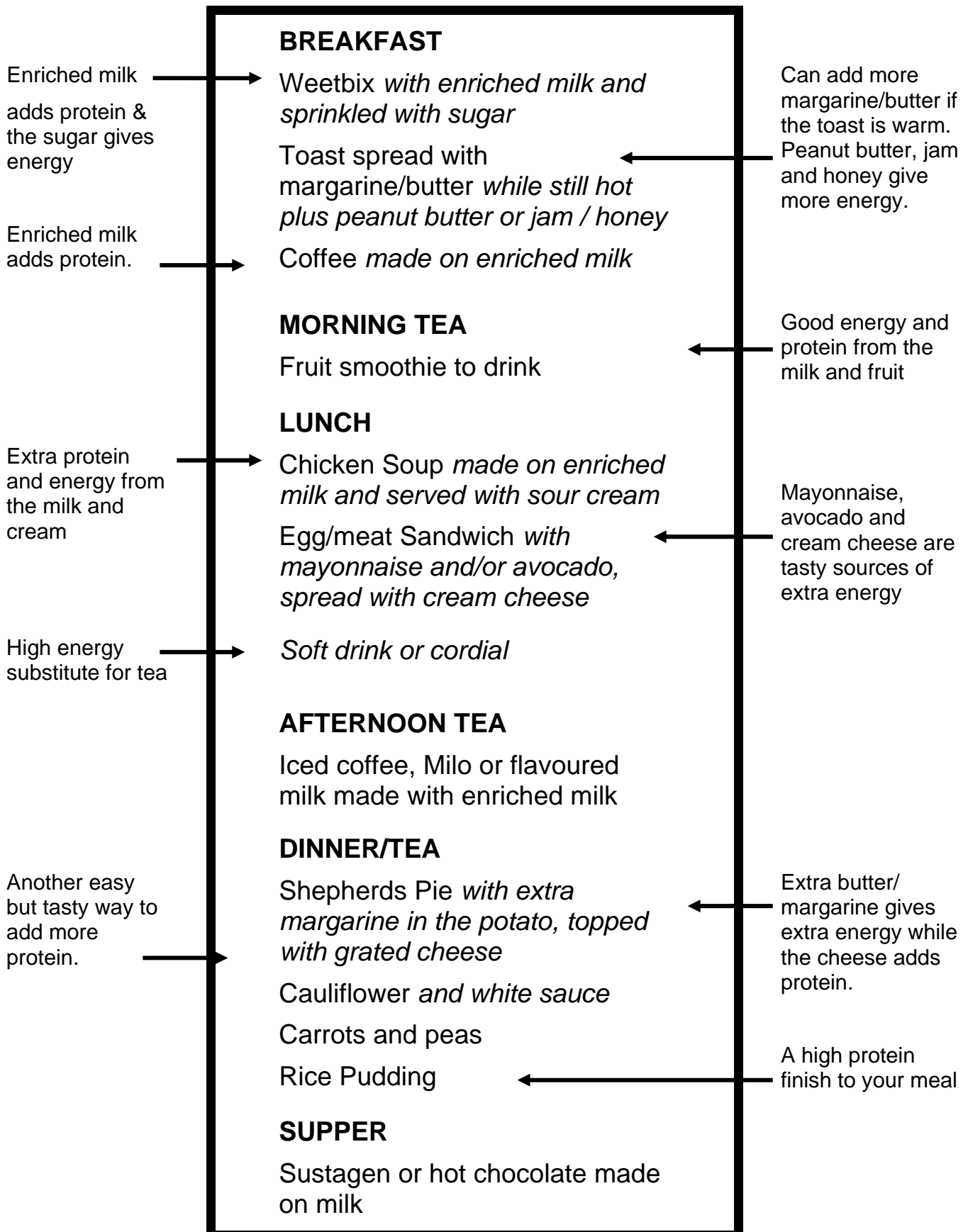
FRUIT	SUGGESTIONS FOR USE
<p><i>Fruit - raw, cooked, tinned, stewed, mashed, pureed, dried fruit, fruit juice.</i></p> <p>Aim for 2 serves/day</p> <p>1 serve = 1 piece medium-sized fruit = 2 small pieces of fruit = 1 cup tinned/cooked fruit = 1½ tablespoons dried fruit = ½ cup (125mL) fruit juice</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use in milkshakes/ smoothies <input type="checkbox"/> Drink juice rather than water for extra energy <input type="checkbox"/> Add custard, yoghurt, cream or ice cream <input type="checkbox"/> Use dried fruit as a snack <input type="checkbox"/> Dip in melted chocolate
BUTTER AND TABLE MARGARINE	SUGGESTIONS FOR USE
<p><i>Butter, margarine, cream, oils, mayonnaise.</i></p> <p>1 tablespoon or more/day</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Add cream to drinks, desserts and cereals <input type="checkbox"/> Use margarine, butter and oil when cooking <input type="checkbox"/> Add sour cream to vegetables <input type="checkbox"/> Use cream sauces on pasta and vegetables <input type="checkbox"/> Use margarine/butter on bread, biscuits, rice and pasta

What about heart health?

You may have heard that some fats in your diet are better than others. If you are concerned about your weight loss and want to get strong again, but would like to make sure you look after your heart too (e.g. cholesterol levels), here are some better options for you to choose.

1. Use canola, olive, safflower, sunflower oil in cooking instead of butter or other animal fats
2. Cut any visible fat or skin off your meat/chicken
3. Try margarine, peanut butter, avocado, tahini, hommus or lite cream cheese as a spread on bread instead of butter or cream cheese
4. Add avocado to sandwiches or salads
5. Add dried fruit and nuts to cooking, or have them as a snack on their own
6. Enrich milk with skim milk powder rather than using full cream milk

Sample meal plan



Quick snack suggestions for a poor appetite

- Milk and milk drinks
- Yoghurt, custard and ice cream
- Fruche, Yogo, junket* and other dairy desserts
- Fresh or dried fruit, fruit juice
- Nuts, seeds
- Cheese or pate with biscuits or bread
- Peanut butter with biscuits or bread
- Cream soups
- Leftovers – meats, vegetables, desserts
- Hard boiled eggs
- Crumpets, muffins, pikelets or scones with jam, honey, syrup, butter and cream
- Dips made with cream cheese, beans or sour cream; commercial dips, hommus
- Sandwiches
- Cakes and biscuits

Great sandwich fillings

- Salmon/ tuna/ chopped chicken with mayonnaise
- Egg with mayonnaise or curry
- Peanut butter (and jam/ honey or salad)
- Hommus and salad
- Sardines / tuna / salmon in oil
- Cheese with avocado, vegemite, tomato or chopped gherkins
- Cold meats – with cheese/ avocado/ pickles/ sauce/ salad
- Baked beans
- Mashed banana, cream cheese and honey
- Cheese spread with luncheon meat
- Tuna spread and lettuce & tomato
- Leftovers on toasted sandwich

Pre-Prepared Meals

There are many options for supermarket and home delivered pre-prepared meals, including Meals on Wheels, Lite N Easy and Single Serve Meals. These meals provide enough nutrition for one meal per day only, so it is important to still have two other nutritious meals plus snacks. Your dietitian can provide information on home delivered meals available near you.

Nourishing drinks

Milk is a great base for nourishing drinks as it is high in protein and energy.

Full cream milk is preferable to use as it contains more energy than reduced fat milks. Fortified soy milk (eg *So Good*) is also suitable.

To make your milk higher in protein and energy, other ingredients may be added. For example, add ice-cream, cream, flavoured powders (such as Milo and Nesquik) and syrups (such as ice-cream toppings and honey) to your milk drink.

TO MAKE ENRICHED MILK

- To every cup of milk, add 1 heaped tablespoon of full cream or skim milk powder and whisk until dissolved. (For 1 litre of milk, use 4 heaped tablespoons of milk powder)

OR

- To 2 cups of milk add 1 cup of evaporated milk.

Use enriched milk on cereal, in desserts, in mashed potato and whenever else you would normally use milk.

If you are **lactose-intolerant**, use a low-lactose milk such as *Lactose-Free* or *Zymil* (from supermarkets) or *Digestelac* (from chemists), or use a *fortified soy milk* such as “*So Good*” in the following recipes.

CHOCOLATE MILKSHAKE (serves 1)

- 1 cup milk
- 1 tablespoon milk powder
- 1 tablespoon chocolate powder (Nesquik or Milo) or chocolate flavouring
- 2 scoops ice cream (vanilla or chocolate)

FRUIT SMOOTHIE (serves 1)

- 1 cup milk
- 1 ripe banana or cup of tinned fruit
- 1 tablespoon skim milk powder
- 2 scoops ice cream

For both recipes blend all ingredients together until smooth. Serve chilled.

A NOTE ON RECIPES: Many people ask for recipe ideas. It is best that you stick to the foods and recipes you usually like and enrich them, following the ideas from the food groups table. You could also ask your dietitian for the “High Protein, High Energy Recipes” leaflet.