

High Protein / High Energy Diet

High protein and 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
- Beans, legumes, nuts and seeds
- Meat alternatives e.g. tofu, vegetarian sausages
- Protein supplements e.g. Sustagen, Complan, milk powder
- Peanut butter, seeds

High energy foods include:

- Full cream dairy products
- Margarine, butter, salad dressings, oil, avocado, nuts
- Soft drinks, cordial, chocolates, sweets
- Nutritional supplements e.g. Fortisip, Ensure Plus, Ensure, Sustagen (these are also high in protein)
- Biscuits, cakes, pastries, muffins, crumpets



Dietitian _____

Telephone 09 307 49 49

Ext _____

Locator _____

Nutrition Services

Auckland City Hospital

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Hints to help to increase or maintain your weight:

- Eat more often if you cannot 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 do not feel like preparing food (e.g. tinned soups*, frozen meals, yoghurt, nuts, cheese*, biscuits and dips).
- Drink fluids that provide energy such as milk, flavoured 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
- Do not go without meals

* Denotes food with a high salt content

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

Meat and Meat Alternatives

Meat, fish, poultry, eggs, nuts and legumes
(e.g. soy beans, tofu, baked beans, lentils, kidney beans)

Aim for 2 serves per day

1 serve = 65 - 100 g meat, chicken, fish



= 2 eggs



= ½ cup cooked legumes



= ¼ cup nuts



Suggestions for use:

These are great energy and high protein suggestions:

- Add lentils, kidney beans or tofu to soups, stews and casseroles
- Fry meats, fish and chicken. Crumb meats before frying for added energy
- Use gravies or sauces on meats
- Choose meat dishes with added cream or yoghurt (e.g. Beef Stroganoff) or pastry
- Add ham* and cheese* to egg dishes
- Add nuts to desserts and cereals, or eat as a snack
- Try baked beans* or eggs as an easy meal

* High salt foods

Dairy and/or Soy Products

Milk, cheese, yoghurt, icecream, custard etc.

Aim for 2 serves per day

1 serve

= 40 g cheese*



= 1 small carton yoghurt (100 g – 150 g)



= 250 ml milk (1 glass)



= 3 scoops of icecream



All types of milk, yoghurt and cheese can be used.

Full cream dairy products contain fat so they are higher in energy.

Suggestions for use:

Milk and dairy-based foods are great sources of protein and energy

- Make porridge, soups, desserts and drinks with milk instead of water
- Add grated cheese* or yoghurt to soups, casseroles, pasta, vegetables and sauces
- Add icecream, custard or yoghurt to drinks, desserts and fruit
- Add milk powder to milk (enriched milk)
- Make milkshakes with ingredients such as milk, milk powder, icecream, yoghurt, fruit, honey or chocolate topping
- Have a Milo, Ovaltine, Sustagen, Complan or Nesquik every day (make with milk)

Butter and Table Margarine

Butter, margarine, cream, oils, mayonnaise

1 tablespoon or more per day



Suggestions for use:

- Add cream to drinks, desserts and cereals
- Use margarine, butter and oil when cooking
- Add sour cream to vegetables
- Use cream sauces on pasta and vegetables
- Use margarine / butter on bread, biscuits, rice and pasta

* High salt content

Bread, Cereals, Pasta and Rice

All types of bread, savoury and sweet biscuits, breakfast cereals, rolled oats, rice, pasta and flours

Aim for 6 - 7 serves per day (minimum of 4 serves)

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|---------|---|---------------------------------------|
| 1 serve | = | 2 slices bread or 1 medium bread roll |
| | = | 1 cup breakfast cereal |
| | = | ½ cup muesli |
| | = | 1 cup cooked rice / pasta / noodles |
| | = | 6 plain biscuits |



Suggestions for use:

Breads are a great source of energy.

- Use raisin or cinnamon toast with butter / margarine as a snack
- Add margarine / butter to bread, pasta or rice
- Spread avocado or cream cheese on bread / sandwiches / bagels
- Make French toast with eggs, cream and butter
- Try Nutella, peanut butter*, hummus on bread, crackers and plain biscuits
- Add sugar, honey or dried fruit to breakfast cereal
- Spread butter / margarine on both sides of a toasted sandwich
- Consider tinned spaghetti* as a snack

Vegetables

Vegetables - raw, cooked, mashed, pureed or vegetable juice

Aim for 5 or more serves per day

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|---------|---|------------------------------|
| 1 serve | = | ½ cup cooked vegetables |
| | = | 1 potato |
| | = | 1 cup raw vegetables (salad) |
| | = | ½ cup vegetable juice* |



Suggestions for use:

- Add milk powder, milk, butter/margarine and cream to mashed vegetables
- Add margarine, sauces or grated cheese* to vegetables
- Use mayonnaise and oil or cream based dressings on salads
- Make vegetable soup with cream, sour cream or evaporated milk

* High salt content

Fruit

Fruit - raw, cooked, tinned, stewed, mashed, pureed, dried fruit, fruit juice

Aim for 2 - 3 serves per day

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|---------|---|-----------------------------|
| 1 serve | = | 1 piece medium-sized fruit |
| | = | 2 small pieces of fruit |
| | = | 1 cup tinned / cooked fruit |
| | = | 1½ tablespoons dried fruit |
| | = | ½ cup fruit juice |



Suggestions for use:

- Use in milkshakes / smoothies
- Drink juice rather than water for extra energy
- Add custard, yoghurt, cream or icecream
- Use dried fruit as a snack
- Dip in melted chocolate*

* High salt content

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, there are better options to choose.



1. Use canola, olive, safflower 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, hummus 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

Quick snack suggestions for a poor appetite

- Milk and milk drinks
- Yoghurt, custard and icecream
- Smoothies, yoghurt drinks, 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
- High energy packet soups >500 kJ per packet*
- Leftovers – meats, vegetables, desserts
- Hardboiled eggs
- Crumpets, muffins, pikelets or scones with jam, honey, syrup, butter and cream
- Dips made with cream cheese, beans or sour cream. Commercial dips*, hummus
- 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), banana
- Hummus 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 or chicken spread and lettuce and tomato
- Leftovers in toasted sandwich

*High salt content