

## HIGH ENERGY AND PROTEIN EATING

### A diet high in protein and energy 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 needs to recover from illness

### USEFUL TIPS TO BOOST YOUR INTAKE

1. Eat more often –
  - Eat six to eight smaller meals/snacks during the day. Aim to eat every two to three hours.
  - Try not to miss meals - a few mouthfuls of food are better than none.
2. Make sure that what you eat and drink is nourishing–
  - Include protein foods/fluids at each meal eg. meat, chicken, fish, eggs, cheese, nuts, milk, custards, yoghurt, nuts, legumes
  - Use full fat foods.
  - Enrich the food you eat - see some of the ideas in the rest of this booklet.
  - Drink fluids that provide energy such as milk, juice, cordial or soft drink, instead of tea, coffee or water.
3. Make sure that what you eat and drink is easy –
  - Eat foods which may be easier to manage e.g. casseroles, eggs, soups.
  - Keep ready-to-eat/frozen meals and snacks handy or consider take away food for times when you don't feel like cooking or ask family and friends to help out. Consider a meal delivery service.
  - Keep your favourite foods in the cupboard or fridge.
4. Make meals as enjoyable as possible -
  - Eat your largest meal when your appetite is the biggest.
  - Eat what you feel like when you feel like it. Indulge in your favourite foods.
  - Play music, turn off the TV, light candles or invite friends to join you.

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_

## NOURISHING SNACK IDEAS

- Milk and milk drinks eg smoothies, breakfast drinks, soy milk
- Ice cream, custard, yoghurt or other dairy desserts
- Fresh, tinned or dried fruit, nuts and seeds
- Cheese, cheese spread or pate with biscuits or bread
- Cream soups, instant noodles/pastas
- Leftovers – meats, vegetables, desserts
- Hard boiled eggs
- Crumpets, muffins, fruit bread, pikelets or scones with jam, honey, syrup, butter and cream
- Crackers or vegetable sticks with peanut butter, dip, hommos, cream cheese, avocado
- Sandwiches with meat, chicken, cheese, fish, egg or baked beans fillings
- Cakes, biscuits or muesli bars
- Breakfast cereals and breakfast drinks

## NOURISHING AND SIMPLE MEAL IDEAS

- Eggs – poached, scrambled, fried, omelettes served with salad and bread
- Pizza
- Pasta with bottled sauce
- Instant packet or cup rice, noodles or pasta
- Soup – tinned, packet, fresh with a bread roll
- Quiche, lasagne or BBQ chicken with salad and bread
- Canned meals – eg shepherds pie, braised steak
- Baked beans or tinned spaghetti with toast
- Tinned fish – tuna, sardines, salmon
- Marinated meat or kebabs
- Sandwiches or toasted sandwiches with sliced meats, roasted vegetables, cheese.
- Frozen meals from the supermarket
- Frozen ready prepared meats
  - pies, pasties, sausage rolls, savoury pastries eg triangles, pastizzi,
  - chicken pieces (eg crumbed, marinated, kiev, cordon bleu, nuggets)
  - fish (eg fillets, fingers, bites)
- Frozen Asian – fried rice, spring rolls, dim sims
- Vegetable ideas
  - frozen or tinned vegetables
  - oven baked chips, wedges, gems, hashbrowns

## ADDING ENERGY

There is always something that can be added to the food you are already eating to increase the energy without having to eat larger serves, e.g.....

Milk powder	<p>Mix into mashed potato.</p> <p>Mix into eggs before scrambling or making into an omelette.</p> <p>Enriched milk (add 4 tablespoons of milk powder to 1 litre of milk) Use where you would normally use milk eg on breakfast cereals, milkshakes, creamed soups, desserts.</p>
Cheese	<p>Add grated cheese generously to potatoes, other vegetables, sauces, omelettes, scrambled eggs, pasta, soups, baked beans, canned spaghetti, toast.</p> <p>Add extra cheese in toasted sandwiches, on pizzas and with crackers.</p>
Cream	<p>Add cream to fruit, desserts, soups, sauces, mashed potato, other mashed vegetables.</p> <p>Stir through porridge</p>
Sour Cream	<p>Add to potatoes, other vegetables, soups, sauces.</p>
Avocado	<p>Spread thickly on bread, toast, muffins, biscuits, crackers.</p> <p>Include in salads.</p>

Margarine/butter	<p>Spread thickly on bread, toast, muffins, biscuits, crackers, bagels, crumpets.</p> <p>Add melted margarine or butter to vegetables, pasta, rice.</p> <p>Use generously in cooking.</p>
Savoury dips or Creamed cheese	<p>Spread thickly on bread, toast, muffins, biscuits, crackers, crumpets, bagels.</p>
Nut spreads eg peanut butter, nutella	<p>Spread on bread, toast, muffins, biscuits, crackers, crumpets, bagels.</p>
Yoghurt	<p>Add to fruit, milkshakes, smoothies, breakfast cereal.</p>
Custard	<p>Add to fruit, cakes (eg. fruit cake, swiss roll), puddings.</p>
Ice cream	<p>Serve with fruit, desserts.</p> <p>Add to milkshakes, smoothies.</p>
Mayonnaise	<p>Spread thickly on sandwiches.</p> <p>Add generously to salads.</p> <p>Add to boiled eggs, tuna, salmon.</p>
Salad dressings	<p>Use salad dressings that are not light, low-fat or diet types.</p> <p>Add generously to salads.</p>
Nuts or Seeds (eg. peanuts, cashews, walnuts, pumpkin seeds, sunflower seeds)	<p>Enjoy a handful as a snack or with dried fruit.</p> <p>Sprinkle in salads, stir fries or curries.</p> <p>Sprinkle on breakfast cereals, ice cream or desserts.</p> <p>Add extra peanuts when using bottled satay sauce.</p>

Oils	Use generously in cooking, salad dressings, marinades.
Eggs	Whisk into soups, while soup is still very hot. Add boiled eggs to salads or sandwiches.
Legumes (eg soybeans, tofu, baked beans, lentils, kidney beans, chickpeas)	Add to salads, soups, stews and casseroles

If you are concerned about your heart too, there are better options 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, as a spread on bread
4. Use reduced fat dairy (cheese, sour cream and cream, skim milk powder) rather than the full fat versions.

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## ADDING PROTEIN

Protein is needed for growth, maintenance and repair of body tissue which can prevent help falls and maintain a healthy immune system.

To increase your protein intake, include at least one food from below at each meal or snack

- Milk and milk powder
- Yoghurt, custard, mousse or instant pudding, creamed rice
- Cheese – sliced, grated, spread, ricotta, cottage
- Soy milk, cheese and yoghurt
- Meat (beef, pork, lamb, deli meats) – stews/casserole, minced, stir fried, roast
- Fish – fresh, paste, tinned, smoked
- Chicken – stews/casserole, minced, stir fried, roast,
- Eggs – fried, boiled, poached
- Seeds, nuts and nut pastes (eg nutella, peanut butter)
- Legumes (baked beans, lentils, chickpeas)
- Tofu
- Meat Alternatives (TVP) – sausages, patties

## NOURISHING FLUIDS

Instead of tea, coffee or water choose milk drinks (Milo, hot chocolate, milk coffee, fruit smoothies, shakes), fruit juice, soft-drink or cordial to drink.

Milk is a good base for making nourishing drinks.

Full cream milk is better to use as it contains more energy than low fat drinks. Calcium fortified soy milk is also suitable.

**Enriched Milk** (250mL provides 850 kJ, 10 g protein (0.8 Cal/ml))

1 litre (4 cups) full cream milk

4 tablespoons milk powder

1. Pour milk into a jug. Stir milk powder in with a whisk until blended.
2. Keep this enriched milk in your fridge.
3. Use in place of milk in drinks, soups, porridge/on cereal, desserts (eg custard made from powder, creamed rice), baking, tea/coffee/milo.

Supplement drinks can help to provide you with extra nutrients and prevent weight loss. You can purchase tins of Sustagen Hospital Formula, Proform, or Ensure Essential powders from your pharmacy. Your Dietitian will let you know if it is recommended for you.

Recommended supplement: \_\_\_\_\_

Number per day: \_\_\_\_\_

## SAMPLE MEAL PLAN

Meals	Ways to add energy and protein
<b>Breakfast</b> Cereal and milk Toast and jam Coffee	Use enriched milk on cereal Spread thickly with margarine/butter Use nut paste or add protein topping eg egg, baked beans, cheese Make on enriched milk
<b>Morning Tea</b> Tea and biscuit	Substitute tea with cordial or juice for extra energy Substitute biscuit with cheese and crackers
<b>Lunch</b> Soup Sandwich Custard	Have high protein soup – add cream, sour cream or butter or make high protein soup ( or butter or see recipe) Spread with margarine/butter, avocado, creamed cheese and or mayonnaise Choose fillings like egg, cheese, meat, High protein and energy food
<b>Afternoon Tea</b> Milkshake	Make with enriched milk
<b>Dinner</b> Steak Baked potato Peas and carrots Tinned fruit	Add creamy pepper sauce to steak Add sour cream to a baked potato Melt butter/margarine over other vegetables Have with ice cream, custard or cream
<b>Supper</b> Hot chocolate	Make with enriched milk and add marshmallows