

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)
- Beans (chickpeas, cannellini, lentils, black, kidney, baked)
- Tofu

High protein and/or energy snacks:

- Yoghurt, custard
- Desserts e.g. creamed rice, ice-cream with nut topping
- Cheese/ dips and crackers
- Include eggs as a meal or snack (boiled, fried, poached, omelette, salad sandwich, toast)
- Peanut butter with fruit/vegetable sticks or on toast
- Falafel patties with yoghurt
- Dried fruit, nuts or roasted chickpeas/broad beans
- Potato chips or crisps
- Cakes, muffins, pikelets, scones, pastries, biscuits (add chickpea or coconut flour for extra protein)
- Tinned tuna/salmon

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 drink, 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, pea protein) instead of tea, coffee or 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
 - nuts/seeds (e.g. sunflower seeds, chia seeds, almonds, LSA mix) on cereal
 - peanut butter or tahini on toast or with fruit/vegetable sticks