



## High Protein High Energy Diet For Vegetarians

### 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:

- Dairy/soy products and eggs
- Beans, legumes, nuts and seeds
- Protein supplements e.g. *Beneprotein*

### High energy foods include:

- Salad dressings, oils
- Avocado, nut/seed butters
- Soft drinks, sweets, ice cream
- Nutritional supplements e.g. *Sustagen, Resource Plus, Ensure*

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

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

### 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.
- ✓ 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. creamy tinned soups, frozen meals, yoghurt, nuts, cheese, biscuits and dips).
- ✓ Drink fluids that provide energy such as milk or alternatives, juice 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.

Date	Weight
Goal Weight	

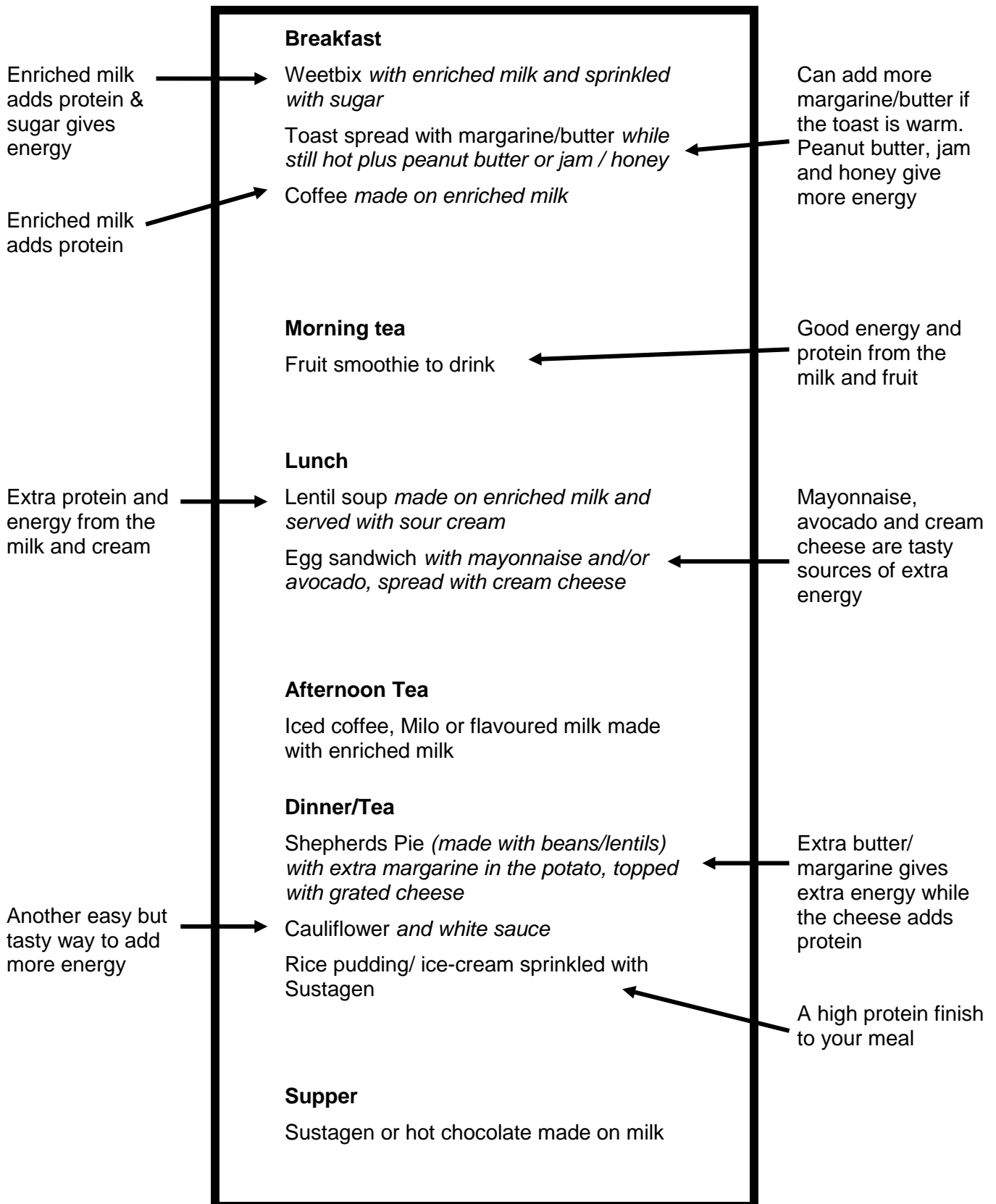
Sometimes you may not feel like eating much, but to keep healthy it's important to eat foods from all of the food groups. Each day aim to eat the following:

Meat Alternatives	Suggestions for use
<p><b><i>Eggs, nuts, seeds and legumes (eg. soybeans, tofu, Quorn, baked beans, lentils, kidney beans).</i></b></p> <p><b>Aim for 2-3 (or more) serves/day.</b></p> <p>1 serve = 2 eggs            = 170g tofu            = 30g nuts, seeds, tahini or other nut butter/paste            = 1 cup cooked/canned legumes/beans e.g. lentils, chickpeas</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Add lentils, chickpeas and kidney beans to salads, casseroles, and soups</li> <li><input type="checkbox"/> Use sauces on meals eg. White sauce</li> <li><input type="checkbox"/> Use boiled eggs or nuts/seeds for snacks</li> <li><input type="checkbox"/> Choose dishes with added cream or pastry</li> <li><input type="checkbox"/> Add cheese/cream to egg dishes</li> <li><input type="checkbox"/> Add nuts/seeds to salads, baked goods, desserts and cereals</li> <li><input type="checkbox"/> Try baked beans or eggs as an easy meal</li> <li><input type="checkbox"/> Use nut meal in baking or add to cereal and smoothies</li> <li><input type="checkbox"/> Serve hummus with crackers or vegetables or use on wraps/sandwiches</li> </ul>
Dairy (and alternatives)	Suggestions for use
<p><b><i>Milk, cheese, yoghurt, ice cream, custard etc (including soy, almond and lactose-free varieties).</i></b></p> <p><b>Aim for 2½ (or more) serves/day (Women over 50 years: 4 serves)</b></p> <p>1 serve = 2 slices (40g) cheese            = 1 small carton yoghurt (200g)            = 1 cup (250mL) milk (any type)            = 3 scoops of ice cream</p> <p><i>Note: Almond and rice milk are much lower in protein and sometimes energy (depending on the brand). Aim for 100mg of calcium per 100ml, where possible.</i></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Make porridge, soups, desserts &amp; drinks with full cream milk instead of water</li> <li><input type="checkbox"/> Add grated cheese, creams, milk powder or yoghurt to soups, casseroles, pasta, vegetables and sauces</li> <li><input type="checkbox"/> Add ice-cream, custard or yoghurt to drinks, desserts and fruit</li> <li><input type="checkbox"/> Add milk powder to milk (enriched milk)</li> <li><input type="checkbox"/> Make milkshakes with ingredients such as milk, milk powder, ice-cream, yoghurt, fruit, honey and toppings</li> <li><input type="checkbox"/> Have a <i>Milo, Milkshake, Aktavite, Ovaltine, Sustagen or Nesquik</i> everyday</li> </ul>

Bread, cereals, pasta & rice	Suggestions for use
<p><b><i>All types of bread, savoury and sweet biscuits, breakfast cereals, rolled oats, rice, pasta and flours.</i></b></p> <p><b>Aim for 6 serves/day</b> <b>(70+ years: 3-4 serves)</b></p> <p>1 serve</p> <ul style="list-style-type: none"> <li>= 1 slice bread or ½ medium bread roll</li> <li>= ½ cup porridge</li> <li>= 2/3 cup breakfast cereal</li> <li>= ¼ cup muesli</li> <li>= ½ cup cooked rice/pasta/noodles</li> <li>= 3 plain crackers/ crisp breads</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use raisin or cinnamon toast with butter/margarine as a snack</li> <li><input type="checkbox"/> Add margarine/ butter to bread, pasta, rice</li> <li><input type="checkbox"/> Spread avocado, cottage cheese or cream cheese on bread/sandwiches</li> <li><input type="checkbox"/> Make French toast with eggs, cream, butter</li> <li><input type="checkbox"/> Try <i>Nutella</i>, nut butter or hummus on bread, crackers and plain biscuits</li> <li><input type="checkbox"/> Add sugar, honey or dried fruit to breakfast cereal or oats</li> <li><input type="checkbox"/> Sprinkle <i>Sustagen</i> or <i>Ensure</i> powder on breakfast cereals</li> <li><input type="checkbox"/> Spread butter/margarine on both sides of a toasted sandwich</li> <li><input type="checkbox"/> Consider tinned spaghetti as a snack</li> <li><input type="checkbox"/> Make rice/chia puddings with cream/coconut milk</li> <li><input type="checkbox"/> Add rice/quinoa/teff/freekeh to salads</li> <li><input type="checkbox"/> Add pasta/risoni to soups</li> <li><input type="checkbox"/> Serve bread with soups</li> <li><input type="checkbox"/> Blend oats into smoothies</li> </ul>

Vegetables	Suggestions for use
<p><b><i>Vegetables - raw, cooked mashed, pureed or vegetable juice.</i></b></p> <p><b>Aim for 5 or more serves/day</b></p> <p>1 serve = ½ cup cooked vegetables            = 1 cup raw vegetables (salad)            = ½ cup sweet corn            = ½ medium potato</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Add milk powder, <i>Sustagen Neutral</i>, milk and cream to mashed vegetables</li> <li><input type="checkbox"/> Add margarine/butter/sour cream, sauces or grated cheese to vegetables</li> <li><input type="checkbox"/> Use mayonnaise and oil or cream-based dressings on salads</li> <li><input type="checkbox"/> Add creams, milk powder, evaporated milk or <i>Sustagen neutral</i> to vegetable soups</li> <li><input type="checkbox"/> Dip vegetable sticks in hummus or other creamy or legume/nut based dips</li> </ul>
Fruit	Suggestions for use
<p><b><i>Fruit - raw, cooked, tinned, stewed, mashed, pureed, dried fruit, fruit juice.</i></b></p> <p><b>Aim for 2 serves/day</b></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"> <li><input type="checkbox"/> Use in milkshakes/ smoothies</li> <li><input type="checkbox"/> Drink juice rather than water for extra energy</li> <li><input type="checkbox"/> Add to custard, yoghurt, cream or ice-cream</li> <li><input type="checkbox"/> Use dried fruit as a snack</li> <li><input type="checkbox"/> Dip fruit in peanut butter, cottage cheese sweetened with honey, or melted chocolate</li> </ul>
Extras	Suggestions for use
<p><b><i>Butter, margarine, avocado, nut butter, cream, oils, tahini spread, coconut milk and cream, mayonnaise.</i></b></p> <p><b>1 tablespoon or more per day</b></p> <p><i>TIP: Butter, cream, mayonnaise and coconut milk/cream are high in saturated fat and current recommendations are to limit excessive amounts.</i></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Use in milkshakes/ smoothies</li> <li><input type="checkbox"/> Add cream to drinks, desserts and cereals</li> <li><input type="checkbox"/> Use margarine, butter and oil in cooking</li> <li><input type="checkbox"/> Add sour cream to vegetables</li> <li><input type="checkbox"/> Use cream sauces on pasta and vegetables</li> <li><input type="checkbox"/> Use margarine/butter on bread, biscuits, rice and pasta</li> </ul>

## 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 with biscuits
- Peanut butter with biscuits or bread
- Cream soups
- Leftovers – meals or 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 filling suggestions

- Egg with mayonnaise or curry
- Peanut butter (and jam/ honey)
- Hommus and salad
- Cheese with avocado, vegemite, tomato or chopped gherkins
- Double slice of cheese with avocado/ pickles/ sauce/ salad
- Baked beans and cheese
- Mashed banana, cream cheese and honey
- Cheese spread with 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 (e.g. *So Good*, *Vitasoy*) 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 (or protein powder) and whisk until dissolved. (For 1 litre of milk, use 4 heaped tablespoons of milk powder/protein 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 (or milk alternative)
- 1 tablespoon milk powder (or protein powder)
- 1 tablespoon chocolate powder (Nesquik or Milo) or chocolate flavouring or cocoa
- 2 scoops ice cream (or soy alternative)

### Fruit smoothie (serves 1)

- 1 cup milk (or milk alternative)
- 1 ripe banana or cup of tinned fruit
- 1 tbs milk powder (or protein powder)
- 2 scoops ice cream (or soy alternative)

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 extra tips regarding your favourite meals, snacks or drinks.***