

High Energy and High Protein Diet

Contact dietitian: Telephone no:

For some people who are underweight and need to gain weight, or for those with a poor appetite or increased nutritional needs, a high energy and high protein diet is necessary to keep a person well.

Food enrichment

The following ideas may help you to get more calories without actually having to eat more food.

- **Milk** can be fortified by adding 4tbsps of skimmed milk powder to one pint of milk. Fortified milk can then be added in the usual way to drinks, cereal and puddings and used in sauces.
- **To savoury foods** add grated cheese, butter, cream cheese, cream, crème fraîche, milk powder, pulses, pasta or gravy. For example, add cheese or extra butter to mashed potato; add cream, cheese or pulses to soups and casseroles; add mayonnaise to sandwich fillings.



- **To sweet foods** add sugar, cream, honey, evaporated milk, ice cream or full cream milk. For example, add cream, custard or ice cream to sponge, pies or fruit; make jelly using milk; add cream, yoghurt, sugar, honey or dried fruit to breakfast cereals.

- **Choose high energy foods.** Low fat and low sugar foods are promoted as part of a healthy diet, but for those who need a diet which is high in energy these foods are not helpful.

Instead of...	Try these...
Skimmed or semi-skimmed milk	Full cream milk
Low fat spread or margarine	Butter, full fat spread
Low fat and diet yoghurts	Creamy yoghurts
Reduced sugar, no added sugar or low calorie drinks	Standard full sugar versions
Artificial sweeteners	Sugar or honey
Tinned fruit in natural juice	Tinned fruit in syrup
Low fat cheese, soft cheese	Full fat cheese and cottage cheese
Low fat crisps	Standard crisps
Reduced sugar, low fat, diet puddings or desserts	Full sugar full fat varieties
Low fat mayonnaise and salad cream	Full fat varieties
Grilled foods	Fried foods

If you feel any of the food enrichment information on this sheet may contradict advice you have been given for a medical condition, please discuss this with your GP or dietitian.

High energy, high protein meal plan

Below are some ideas for meals that are high in energy and protein.

Breakfast

- Glass of pure fruit juice or milky tea or coffee
- Cereal with fortified milk
- Bread, toast, crumpet or pastry with butter, jam, marmalade, peanut butter, chocolate spread or honey
- Egg, sausage, bacon or beans

Mid-morning snack

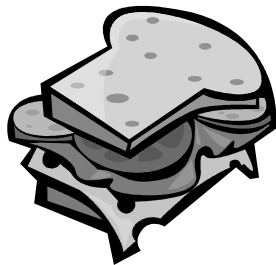
- Fortified milk drink
- Biscuit, cheese and crackers, cake

Main meal

- Meat, fish, eggs, cheese, pulses, lentils
- Potato, rice, bread, pasta, noodles
- Vegetables – add a knob of butter
- Salad – add oil, mayonnaise or salad cream
- Dessert: see light meal dessert suggestions

Mid-afternoon snack

- Fortified milk drink
- Biscuit, teacake, scone, sponge, crumpet with butter or jam



Light meal

- Toast with cheese, beans, egg, ravioli
- Fortified soup
- Sandwich with meat, fish, cheese, egg or peanut butter
- Jacket potato with cheese, baked beans, tuna or chicken with sweet corn
- Boiled egg and bread fingers
- Cheese and biscuits
- Dessert such as creamy yoghurt, whip, mousse, tinned fruit in syrup with cream, milk jelly, trifle, milk pudding, sponge and custard, ice cream

Bedtime snack

- Fortified milk drink
- Biscuits, cake or crumpet
- Sandwich
- Toast
- Cereal with fortified milk

