

High Protein and Energy Eating plan



**ST VINCENT'S
PRIVATE HOSPITAL**
NORTHSIDE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

Your Dietitian: _____

Phone: 07 3326 3000
and ask to speak with your Dietitian

Alternative contact: _____



Please contact your nurse
if you require an interpreter

High Protein and Energy Eating Plan

A 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 e.g. due to recent surgery, wounds or your clinical condition.

High protein foods include:

- Meat (including beef, lamb, pork)
- Chicken, turkey
- Fish and seafood
- Eggs
- Dairy products e.g. milk, cheese, yoghurt, custard (including soy and low lactose varieties)
- Beans, legumes, nuts and seeds.

High energy foods include:

- Margarine, butter, oil, mayonnaise
- Full cream dairy products
- Nuts, nut pastes, seeds
- Avocado
- Soft drinks, cordial, chocolates, sweets, ice cream
- Nutritional supplements e.g. *Sustagen, Ensure Plus, Fortisip, Resource Plus* (these are also high in protein).

If you have Diabetes, discuss with your dietitian whether it is suitable for you to include all of these foods.

Eating to increase or maintain your weight

- Eat more often if you can't eat larger amounts. It can be easier to have 6 smaller meals a day by including regular snacks between your breakfast, lunch and dinner.
- Make sure you have favourite foods handy. This can encourage eating.
- Keep ready-to-eat and easy meals and snacks on hand. These are good for those times when you feel tired or lack energy to prepare a meal. Ideas include tinned soups, frozen meals, yoghurt, nuts, cheese, biscuits and dips.
- Drink fluids that provide energy. For example milk, juice, cordial or soft drink before tea, coffee or water.
- Weigh yourself weekly to see if these changes are working.

What about heart health?

While some fats are healthier than others, you can eat to maintain or gain weight while also looking after your heart.

Some examples of healthier fats include:

- Nuts – as a snack or add to cooking
- Avocado – on toast or add to sandwiches or salads
- Use oils e.g. canola, olive, safflower, sunflower oil in cooking instead of butter or coconut oil
- Try margarines, peanut butter, avocado, tahini, hummus or lite cream cheese as a spread on bread instead of butter or cream cheese
- Cut any visible fat or skin off your meat/chicken
- Enrich milk with skim milk powder rather than using full cream milk powder.

Quick snack suggestions for a poor appetite

- Milk and milk drinks
(see recipe suggestions on page 3)
- Yoghurt, custard and ice cream
- Frûche, Yogo and other dairy desserts
- Cheese or pâté with biscuits or bread
- Fresh or dried fruit, fruit juice
- Nuts, seeds
- Peanut butter with biscuits or bread
- Cream soups
- Leftovers – meats, vegetables, desserts
- Hard boiled eggs

- Dips made with cream cheese, beans or sour cream, commercial dips, hummus
- Crumpets, muffins, pikelets or scones with jam, honey, syrup, butter and cream
- Cakes and biscuits
- Sandwiches (see filling suggestions below)



Great sandwich fillings

- Salmon, tuna, chopped chicken with mayonnaise
- Egg with mayonnaise or curry
- Peanut butter or jam or honey
- Cheese with avocado, Vegemite, tomato or chopped gherkins
- Cold meats with cheese, avocado, pickles or salad
- Baked beans with cheese

Pre-prepared meals

There are many options for supermarket and home delivered pre-prepared meals including *Meals on Wheels*, *Lite 'N Easy*, *Gourmet Meals*, and single-serve meals.

These meals can be a great stand-by when you don't feel like cooking.

You will also need to include two other meals and snacks each day to meet your needs.



Nourishing drinks

Milk is a great base for nourishing drinks. It is high in protein and energy.

Full cream milk contains more energy than reduced fat milks, so it is usually better to use.

Calcium-fortified soy milk (e.g. *So Good*) is also good.

Enriched milk

Use enriched milk on cereal, in tea, coffee, mashed potatoes, scrambled eggs, desserts or whenever you would normally use milk.

To make enriched milk:

- Add 1 heaped tablespoon of milk powder to 1 cup of milk and whisk until dissolved.
OR
- Add 1 cup of evaporated milk to 2 cups of full cream milk.

Chocolate Milk Shake (serves 1)

- 1 cup enriched milk
- 1 tablespoon instant chocolate powder (*Milo, Nesquik, Sustagen*)
- 2 scoops ice cream

Blend all ingredients together until smooth.

Serve chilled.



Fruit Smoothie (serves 1)

- 1 banana or 1/2 cup canned fruit
- 1 cup milk
- 1 tablespoon milk powder or cream or natural yoghurt
- 2 scoops ice cream

Blend all ingredients together until smooth. Feel free to use other fruit and flavours!

Serve chilled.



Aim to eat the following each day

Milk and dairy products	Suggestions for use
<p>Milk, cheese, yoghurt, ice cream, custard (including soy and low lactose varieties)</p> <p>Aim for at least 2½ serves each day (women over 50 years need 4 serves)</p> <p>1 serve = 40g cheese 1 carton yoghurt (200g) 1 cup milk (250ml) ½ cup evaporated milk 3 scoops of ice cream</p> <p>All types of milk, yoghurt, cheese and custard can be used. Full cream dairy products contain fat so they are higher in energy.</p>	<ul style="list-style-type: none"> • Use enriched milk (see recipes) • Snack on cheese • Make porridge, soups, desserts and drinks with milk instead of water • Add grated cheese or yoghurt to soups, casseroles, pasta, vegetables and sauces • Add ice cream, custard or yoghurt to drinks, desserts and fruit • Make milkshakes with ingredients such as milk, milk powder, ice cream, yoghurt, eggs, fruit, honey and topping • Have a flavoured milk drink each day. Try <i>Sustagen</i>, <i>Milo</i>, <i>Aktivite</i>, <i>Ovaltine</i> or <i>Nesquik</i>
Meat and meat alternatives	Suggestions for use
<p>Meat, fish, poultry, eggs, nuts and legumes (e.g. soy-beans, tofu, baked beans, lentils, kidney beans)</p> <p>Aim for 2–3 serves each day</p> <p>1 serve = 65g of cooked meat 80g cooked chicken 100g cooked fish 2 eggs 30g nuts, nut paste or seeds 150g cooked legumes, lentils, tofu</p>	<ul style="list-style-type: none"> • Add lentils or kidney beans to soups, stews and casseroles • Fry foods from this group for added energy • Choose meat dishes with added cream or yoghurt (e.g. Beef Stroganoff) • Use gravy or sauces regularly • Add ham and cheese to egg dishes • Use eggs frequently • Add nuts to desserts and cereals or use as a snack • Try baked beans for an easy meal

<p>Grains, bread and cereals</p> <p>All types of bread, savoury and sweet biscuits, breakfast cereals, rolled oats, rice, pasta, grains and flours</p> <p><i>Aim for 6 serves each day (70+ years need 3–4 serves)</i></p> <p>1 serve = 1 slice of bread 1/2 bread roll 30g breakfast cereal, muesli 1/3 cup cooked rice 1/2 cup cooked pasta, noodles 2–3 biscuits, crackers</p>	<p>Suggestions for use</p> <ul style="list-style-type: none"> • Use raisin or cinnamon toast as a snack • Add margarine, butter or oil to bread, toast, rice and pasta dishes • Try <i>Nutella</i>, peanut butter, hummus, avocado, cream cheese on bread, crackers and plain biscuits • Make sandwiches with cheese, meat or peanut butter • Add sliced bacon to pasta or rice dishes • Add cheese or cream to pasta dishes
<p>Fruit</p> <p><i>Fruit – raw, cooked, tinned, stewed, mashed, pureed, dried fruit, fruit juice</i></p> <p><i>Aim for 2 or more serves each day</i></p> <p>1 serve = 1 piece medium of fruit 2 small pieces of fruit 1 cup tinned/cooked fruit 30g dried fruit 1/2 cup fruit juice</p>	<p>Suggestions for use</p> <ul style="list-style-type: none"> • Use in milkshakes or smoothies (see recipes) • Add fruit to custard, yoghurt or ice cream as a dessert • Add to cereal • Use dried fruit and nuts as a snack
<p>Vegetables</p> <p><i>Vegetables – raw, cooked, mashed, pureed, vegetable juice</i></p> <p><i>Aim for 5 or more serves each day</i></p> <p>1 serve = 1/2 cup cooked vegetables 1 cup raw leafy green vegetables 1/2 cup vegetable juice</p>	<p>Suggestions for use</p> <ul style="list-style-type: none"> • Add milk powder, milk and butter, margarine or cream to mashed vegetables • Use margarine, cream or cheese sauces on vegetables • Use mayonnaise and oil-based dressings on salads • Make vegetable soup with cream, sour cream, yoghurt or evaporated milk
<p>Fats</p> <p>Butter, margarine, cream, oils, mayonnaise</p> <p>1 tablespoon or more per day</p>	<p>Suggestions for use</p> <ul style="list-style-type: none"> • 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

Sample meal plan

Breakfast	<ul style="list-style-type: none"> • <i>Weet-Bix</i> with enriched milk and sprinkled with sugar • Toast spread with margarine plus peanut butter, jam or honey • Coffee made on enriched milk
Morning Tea	<ul style="list-style-type: none"> • Fruit smoothie
Lunch	<ul style="list-style-type: none"> • Egg or meat sandwich with mayonnaise, avocado or cheese
Afternoon Tea	<ul style="list-style-type: none"> • Ice coffee, <i>Milo</i> or flavoured milk made with enriched milk
Dinner	<ul style="list-style-type: none"> • Shepherd's Pie with extra margarine in the potato, topped with grated cheese • Cauliflower served with a white sauce, carrots and peas • Rice pudding with custard
Supper	<ul style="list-style-type: none"> • <i>Sustagen</i>, <i>Milo</i> or hot chocolate made on full cream or enriched milk



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Nutritional supplements

Product description	Product examples	Available from
<p>Milk-like supplements</p> <p>High energy nutritionally complete, milk tasting oral supplements.</p> <p>Ready-to-drink supplements come in a variety of flavours.</p>	<ul style="list-style-type: none"> • Fortisip (Nutricia) <ul style="list-style-type: none"> – powder – ready-to-drink • Ensure (Abbott) <ul style="list-style-type: none"> – powder – ready-to-drink (<i>Ensure Plus</i>) – puddings • Sustagen Hospital Formula (Nestlé) <ul style="list-style-type: none"> – Powder • Resource Plus (Nestlé) <ul style="list-style-type: none"> – ready-to-drink 	<ul style="list-style-type: none"> • Nutrition Australia • Selected pharmacies • Direct from the manufacturer
<p>Juice-like supplements</p> <p>Clear liquid fruit juice tasting drinks which are protein and energy supplements. They are not a complete food. They come in a variety of flavours.</p>	<ul style="list-style-type: none"> • Fortijuice (Nutricia) • Ensure Plus Juice (Abbott) • Resource Fruit (Nestlé) 	<ul style="list-style-type: none"> • Nutrition Australia • Selected pharmacies • Direct from the manufacturer
<p>Protein powders</p> <p>Neutral flavoured protein powders. They contain no vitamins or minerals. They can be added to foods and drinks to increase your protein intake.</p>	<ul style="list-style-type: none"> • Promod (Abbott) • Beneprotein (Nestlé) • Protifar (Nutricia) 	<ul style="list-style-type: none"> • Nutrition Australia • Selected pharmacies • Direct from the manufacturer
<p>Carbohydrate powders</p> <p>These are a type of sugar which does not add a sweet flavour. They can be added to food/drinks to increase your energy intake. They contain no vitamins, minerals or protein.</p>	<ul style="list-style-type: none"> • Polycose (Abbott) • Polyjoule (Nutricia) 	<ul style="list-style-type: none"> • Nutrition Australia • Selected pharmacies • Direct from the manufacturer
<p>Milk additives</p> <p>These are milk-based supplements with some added vitamins and minerals. All types are suitable to use in addition to food. They are not a complete food replacement. They are a good source of protein and energy.</p>	<ul style="list-style-type: none"> • Sustagen varieties (Nestlé) <ul style="list-style-type: none"> – powder – ready-to-drink • Milo • Aktavite 	<ul style="list-style-type: none"> • Supermarkets

For more advice and assistance contact your local Accredited Practising Dietitian.

To find an APD in your area visit the Dietitians Association of Australia website: www.daa.asn.au

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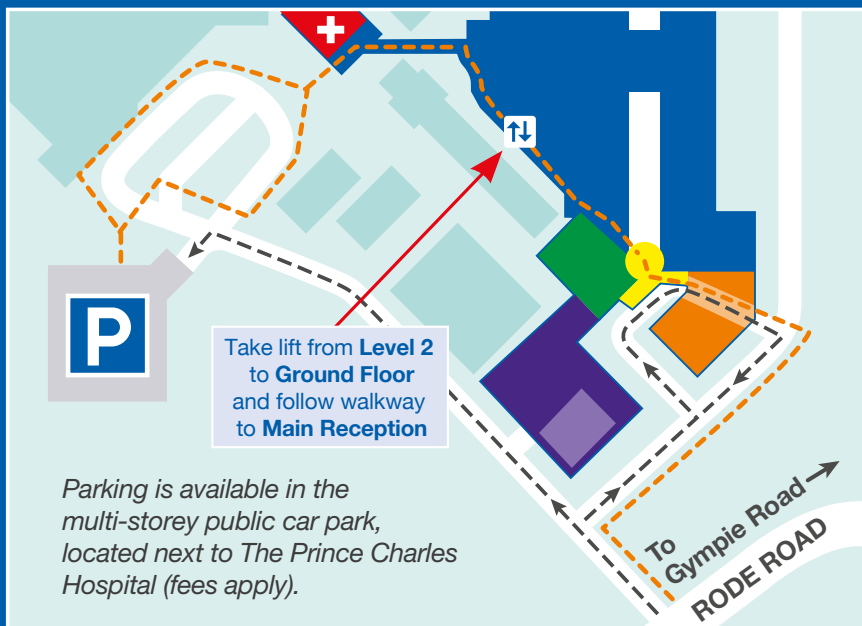
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|---|---|
|  St Vincent's Private Hospital Northside |  St Vincent's Northside Education Centre |
|  Main Reception/drop-off zone | Level 1 |
|  St Vincent's Northside Medical Centre | - Breast Health Centre |
|  Mary Aikenhead Building | - Consulting Suites |
|  St Vincent's Northside Breast Health Centre | Ground Floor |
| | - Education Training Centre |
| | Lower Ground Floor |
| | - Executive Suites |

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|--|---|
|  Brisbane Northside Private Emergency |  Multi-storey public carpark |
|  The Prince Charles Hospital | - - - Vehicular route |
| | - - - Pedestrian route |



Developed in consultation with our consumers (May 2018)

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES