

## Tell us

The nutrition and dietetic service is proud that the vast majority of people we care for are happy with the treatment they receive. We welcome any comments about our service. If you have comments about any aspect of our service please ask for the leaflet entitled Tell us.

## Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

## Who to contact

Dept of Nutrition and Dietetics

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Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

## Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer care coordinator  
Medway Community Healthcare  
MCH House, Bailey Drive,  
Gillingham, Kent, ME8 0PZ

t: 01634 334650

[medwaycustomercare@nhs.net](mailto:medwaycustomercare@nhs.net)

All contact will be treated confidentially

This information can be made available in other formats and languages. Please contact:  
[medch.communications@nhs.net](mailto:medch.communications@nhs.net)

Leaflet reference: MCH 343-1



## Nutrition and dietetic High energy high protein diet



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Medway Community Healthcare CIC providing services on behalf of the NHS

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Registered in England and Wales, Company number: 07275637

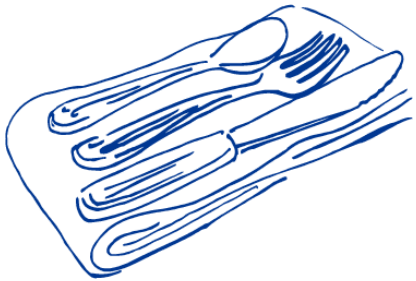


## Appetite and energy

There may be times when you lose your appetite and can't eat as much as you normally do.

If this happens over a long period of time you may lose weight, feel tired and have less energy to do the things you normally do.

You may not feel like eating, however it is important to try to eat an energy and protein enriched diet.



*Please note: If you suffer from high cholesterol or diabetes, the information in this booklet may not be suitable for you. Please speak to your dietitian.*

**If you are eating less, it is important to eat a nourishing diet.**

This booklet will help you to eat a nourishing diet and get the most out of small meals, drinks and snacks.

When you are well, foods which are high in energy i.e. sugary and fatty foods, should be limited as part of a healthy diet. However, during periods of illness and/or poor appetite these foods can be useful in preventing weight loss.

Foods can be categorised into 5 groups:

- Protein foods (meat, fish and alternatives)
- Dairy products
- Carbohydrate (starchy foods)
- Fruits and Vegetables
- Fats and sugary foods

In this leaflet each food group is discussed and suitable choices are given which can help to increase your energy levels.

## Notes:

## Top tips for a high energy, high protein diet.

- ❖ Try to eat 3 small meals and 2-3 snacks a day
- ❖ Eat what you like, when you like
- ❖ Keep snacks nearby
- ❖ Avoid having drinks too close to meals as this could fill you up
- ❖ Drink full fat milk and use on cereals
- ❖ Use full fat dairy products
- ❖ Have a pudding with your meals
- ❖ A small tipple of alcohol may help to stimulate your appetite. However, check with your doctor or pharmacist first as alcohol cannot be taken with some medications.

### Fortify your milk!

Add 4 tablespoons of skimmed milk powder to one pint of full cream milk. Keep a jug in the fridge and drink during the day and use in your milky drinks, sauces, puddings, cereals and cooking.

## Protein foods (meat, fish and alternatives)

Protein is needed for growth and to repair cells in the body. It will also aid healing.

Try to include 2-3 portions of protein foods per day.

### Meat

- ◆ All meat and poultry are good sources of protein
- ◆ Adding fats when cooking will increase the energy content e.g. fry/roast meat – try using extra olive/ rapeseed/ sunflower oils.
- ◆ Do not remove excess fat from meat before cooking.

### Fish

- ◆ Choose tinned fish e.g. tuna, sardines in sunflower oil instead of brine/ water
- ◆ Fry using olive/ rapeseed/ sunflower oil
- ◆ Add cheese/ milk based sauces
- ◆ Choose battered rather than breaded fish

### Eggs

- ◆ Fry eggs in olive/ rapeseed/ sunflower oil
- ◆ Add cheese/ full cream milk to omelettes

### Alternatives

- ◆ Quorn/ soya based products are good sources of protein.
- ◆ Pulses e.g. chick peas, lentils are also high in protein.
- ◆ Snack on nuts – even a small handful provides a good source of protein and energy

## Sample menu

### Breakfast

- ◆ Breakfast cereal with full cream milk and sugar
- ◆ Cooked breakfast with thickly buttered toast
- ◆ Glass of milk or orange juice

### Mid-morning

- ◆ Biscuits, cake, crisps
- ◆ Glass of milk or milky drink

### Lunch

- ◆ Sandwich with cheese, cold meat and tinned fish
- ◆ Buttered toast with baked beans and cheese
- ◆ Milky pudding or cake

### Mid-afternoon

- ◆ Small sandwich
- ◆ Glass of milk or milky drink

### Dinner

- ◆ Meat, fish, egg, cheese or vegetarian dish
- ◆ Potatoes with added fat i.e. cheese, butter or chips
- ◆ Vegetables with butter/ cheese/ creamy sauce
- ◆ Milky pudding e.g. sponge with custard or cream

### Supper

- ◆ Milky drink
- ◆ Small bowl of cereal
- ◆ Cheese and crackers

## Fat and sugary foods

These foods are high in calories (energy).

### Sugar

- ◆ Add sugar to drinks, cereals, puddings
- ◆ Use jam, honey and chocolate spreads on bread, toast or add to puddings
- ◆ Add flavoured syrups to milk
- ◆ Snack on sweets, chocolates, cakes, biscuits , ice cream between meals
- ◆ Have a pudding after your meal
- ◆ Avoid low calorie/ reduced sugar squashes, diet fizzy drinks or artificial sweeteners

Don't forget good oral health – brush your teeth!

### Fats/ Oils

- ◆ Add butter/ margarine to vegetables, mash potatoes after cooking
- ◆ Spread butter/ margarine thickly on bread or crackers
- ◆ Dip breads/ breadsticks into olive oil
- ◆ Add oils when cooking



## Dairy products and dairy alternatives

Dairy products and dairy alternatives are high in calories (energy) and also good sources of protein.

### Milk

- ◆ Use full cream milk or full fat dairy alternative beverages (e.g. rice/ almond milk)
- ◆ Aim to have 1 pint per day – use in drinks, cereals and puddings or have it on its own hot or cold
- ◆ Add skimmed milk powder to full cream milk to increase energy and protein content. (2-4Tbsp per pint of milk)
- ◆ Add evaporated/ condensed milk to puddings, cereals, drinks.
- ◆ Add custard to fruit and puddings

### Cream

- ◆ Add to milky drinks, puddings, cereals, soups,

### Cheese

- ◆ Use full fat cheeses
- ◆ Add cheese to all sorts of foods – mashed potatoes, omelettes, scrambled eggs, pasta, soups
- ◆ Spread soft cheese on crackers
- ◆ Snack on small cubes of cheese

### Yoghurts

- ◆ Choose full fat varieties
- ◆ Use as a pudding or a snack



## Carbohydrate (starchy) foods

These foods can give a slow release of energy during the day and provide some essential vitamins and minerals.

Aim to have some starchy carbohydrate food with each meal.

These foods include:

Breads and rolls, pasta and noodles, cereals, potatoes, rice, chapattis, crackers and crisp breads.

### Breads, crackers and crisp breads

- ◆ Add butter, margarine, cheese/soft cheese, peanut butter, jams, chocolate spread
- ◆ Dip into olive oil

### Pasta/ Noodles

- ◆ Add creamy sauces, cheese
- ◆ Add olive or sesame oil, sundried tomatoes in oil, pesto, nuts such as cashews or tinned fish in oil

### Cereals

- ◆ Add full cream milk, cream, evaporated milk, sugar/honey, dried fruit, nuts

### Potatoes

- ◆ Add fat when cooking e.g. oil for oven chips or roast potatoes, milk and butter to mashed potatoes
- ◆ Add butter/margarine/cheese to jacket or boiled potatoes

### Rice

- ◆ Add creamy sauces
- ◆ Fry cooked rice with sunflower/ rapeseed/ olive oil
- ◆ Top with high energy/protein foods e.g. fried meat

## Fruits and vegetables

Fruits and Vegetables are an important part of our diets as they are an excellent source of fibre and many essential vitamins and minerals.

However, they are not good sources of energy or protein.

To increase energy/ protein content of **fruit**:

- ◆ Choose tinned fruit in syrups
- ◆ Add cream/ ice cream/ custard/ condensed milk/ evaporated milk to fruits
- ◆ Add sugar/ honey to fruits
- ◆ Snack on chocolate coated dried fruit

To increase energy/ protein content of **vegetables**:

- ◆ Roast or fry vegetables i.e. add olive/ rapeseed/ sunflower oils when cooking
- ◆ Serve vegetables with cream/ milk/ cheese based sauces
- ◆ Add grated cheese/ butter/ margarine to plain cooked vegetables.
- ◆ Dip raw vegetable sticks into dips. E.g. hummus, mayonnaise or full fat yoghurt based dips.

