High Energy and High Protein Diet

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 4 tbsps 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.

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

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