References


If you have any queries or require further advice please contact the department on the number below

Gateshead Health NHS Foundation Trust
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Your dietitian is: ...........................................................................................................
Why do I need a high protein and high calorie diet?

- If you have recently lost weight
- If you have lost interest in food
- If you miss some of your meals

You should follow the advice in this leaflet to prevent weight loss and regain your strength and energy. This does not necessarily mean eating more food. It involves increasing the energy your current diet provides by making small changes.

What should I eat?

- 3 meals per day and 2-3 snacks in between meals
- 1 pint milk per day (full cream if possible)
- 2 servings per day of either: meat, chicken, fish, eggs, cheese, nuts, beans or lentils
- 3 servings per day of either: bread, potatoes, rice, pasta or breakfast cereals
- Fruit and vegetables every day (try unsweetened fruit juices or drinks enriched with vitamin C)

Store cupboard ideas

It is often useful to have some basic foods in your store cupboard in case you can’t get to the shops or don’t feel like cooking

**Milk**
Longlife milk, dried milk
Puddings (eg rice, sago)
Packet mixes: custard, instant desserts

**Meat and Fish**
Tinned corned beef, ham, chopped pork, mince/stew and gravy
Sardines, pilchards, tuna fish, salmon, meat paste

**Fruit and vegetables**
Tinned tomatoes, vegetables
Baked beans
Tinned fruit in syrup
Instant mashed potato

**Cereals**
Breakfast cereals
Crackers
Crispbread
Plain biscuits
Pasta (tinned macaroni, spaghetti, ravioli)
Rice

**Freezer Ideas**
Frozen chips
Ready made meals
Frozen meats/fish
Frozen vegetables
Ice cream
Bread/muffins/scones
Frozen desserts

**Others**
Cocoa, Horlicks, Ovaltine etc
Soups (tinned/packet)
Fortified instant dessert

Ingredients (4 portions):

1 packet of instant dessert
150mls (¼ pint) double cream
150mls (¼ pint whole milk
4 heaped tablespoons of milk powder

Method:

Mix the milk powder with the instant dessert powder.
Whisk in the milk.
Divide between servings.

Drinks

- Avoid low calorie drinks
- Avoid drinking before meals as this can fill you up
- Fortify milk with milk powder and choose full cream milk
- Milky coffee, hot chocolate, malted drinks eg Ovaltine or Horlicks (use full cream milk/full cream milk)
- Milkshakes with ice cream or cream added
- Yoghurt drinks
- Soup (or instant soup) with cream, milk or grated cheese added
- Build up, Complan (available at supermarkets)

Use generous amounts of margarine/butter on snacks

Fortifying your food

If you have a small appetite and cannot manage large portions it is important to add small quantities of everyday foods such as cream, milk powder, cheese and butter to food dishes to increase the nutritional content—we call this "fortifying food". Try some of these ideas to increase the calorie and protein content of foods.

- Add 4 heaped tablespoons powdered milk to 1 pint full cream milk and use on breakfast cereals, in sauces, with puddings, soups, jellies and other desserts
- Spread butter or margarine on toast, bread, scones and add it to vegetables, potatoes, rice, pasta
- Use grated cheese on foods (in mashed or baked potato, soups, on meat and vegetables, baked beans or spaghetti, omelette)
- Use thick and creamy yoghurt
- Add cream to puddings and soups
- Add mayonnaise to sandwiches and salads, eg coleslaw, potato salad, egg/mayonnaise, salad dressings
- Use plenty of sugar/honey on cereals/in hot drinks and puddings
- Add 1 scoop of vanilla ice cream to cold drinks
- If you find recipes too creamy replace 1 tablespoon cream with 4 tablespoons full cream milk
An example of what to eat

Breakfast: Cereal with milk and sugar/fruit
           Toast with butter/margarine and jam/marmalade
           Egg and/or bacon and/or baked beans
           Fruit juice

Mid morning: Milky/enriched drinks and/or snacks

Lunchtime: Soup
           Meat, chicken, fish, cheese, egg, beans.
           Potato, pasta, rice, bread
           Vegetables/salad (with butter/margarine or salad dressing)
           Milky pudding, yoghurt, fruit and cream, custard or rice cream

Mid afternoon: Milky drink and/or snack

Evening meal: Soup
              Meat, chicken, fish, cheese, egg, beans
              Potato, pasta, rice, bread
              Vegetables/salad (with butter/margarine or salad dressing)
              Milky pudding, yoghurt, fruit and cream, custard or ice cream

Suppertime: Toast with butter/margarine
            Sandwich
            Crackers with butter/cheese
            Cereal
            Milky drink

* None of these products should be diet or low fat varieties.

Ideas for between meal snacks

Have 2-3 small nourishing snacks between meals each day. A plain biscuit is not a nourishing snack. Better choices are:

Equivalent to 4 plain biscuits:

Sweet
Cake
Slice of malt loaf
Half a hot cross bun
Half a scone with butter and jam
Scoop of ice cream
Cereal bar
Handful of dried fruit
Pot of custard or rice pudding

Savoury
Medium sausage roll
Packet of crisps
Slice of pizza
Small matchbox size cheese
Ham/cheese sandwich (1 slice)
Jam tart
Toast with butter

Equivalent to 6 plain biscuits:

Sweet
Crumpet
Half a teacake
Slice of fruit/sponge cake
Individual bakewell tart/fruit pie
Individual cheesecake
Pot of rich chocolate mousse
Pot of thick creamy yoghurt

Savoury
Mini pork pie
Cereal and milk
Doughnut
Pot of trifle