

High energy high protein foods.

Making every mouthful count

If you have recently lost weight without trying, you may need to eat more foods that are high in energy and protein. This can help you to stop losing weight and gain some back.

Eating foods high in energy and protein can help with your strength and recovery if you have been unwell.

Foods high in protein

Try to include at least one food high in protein with every meal and snack.

These are:

- all meats including lamb, beef, fish and chicken
- eggs
- nuts, seeds and nut spreads (such as peanut butter)
- legumes (such as lentils and baked beans)
- milk and dairy products (such as milk, yogurt, custard, cheese and milk powder).



Foods high in energy

Add any of these foods to your meal or snack for extra energy:

- cream or sour cream
- butter or margarine
- oil or full fat mayonnaise
- avocado or dips
- sugar or chocolate.



Tips to get the most out of your food

Eating enough when you have a poor appetite can be hard. Here are some ideas on how to bump up the energy and protein in your meal without increasing the portion size.





Meal	Tips to increase energy and protein
Breakfast	<ul style="list-style-type: none"> • Make porridge with full cream milk or cream and add honey or sugar. • Try crumpets or English muffins with butter, margarine or peanut butter. • Use butter, peanut butter or avocado on toast and bread. • Try fresh, tinned or stewed fruit with yoghurt. • Drink fruit juice or milky drinks (e.g. tea, coffee, hot chocolate, Milo™). • Make fruit smoothies using milk, ice cream or yoghurt. • Add sugar, Milo™ or dried fruit to cereals.
Lunch	<ul style="list-style-type: none"> • Add ham and cheese to egg dishes, like quiche or omelettes. • Add a variety of nourishing fillings to your sandwiches (mashed boiled eggs, tuna and mayonnaise, chicken and cheese, tofu or hummus and salad). • Add slices of cheese or ham to toasted sandwiches. • Add cheese, nuts, seeds and dressings to salads. • Try baked beans on toast with cheese on top. • Choose soups that are creamy, or those with meat and/or beans.
Dinner	<ul style="list-style-type: none"> • Add oil, cheese and creamy sauces to pasta and rice. • Add cheese or yoghurt to soups, casseroles, pasta and sauces. • Roast vegetables in oil or butter, or add creamy sauces, cheese, oil or butter to steamed vegetables. • Add sour cream and cheese to potato. • Crumb and fry meats in oil. • Add creamy sauce or gravy to meats, chicken and fish. • Add lentils and beans to soup and casseroles.
Snack	<ul style="list-style-type: none"> • Have dried fruit or yoghurt-covered fruit as a snack. • Try fruit pies with custard or ice cream. • Dip fruit in melted chocolate. • Make milkshakes with ice cream, yoghurt, honey, fruit and milk powder. • Snack on cheese and crackers. • Try yoghurt or custard. • Try crackers with dips (e.g. hummus or black bean), avocado or sour cream.
Dessert	<ul style="list-style-type: none"> • Add ice cream, cream, custard or yoghurts to desserts or fruit. • Try creamed rice.

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Visit the Department of Health website (www.health.gov.au) for more information.

