



# TIPS FOR A HIGH PROTEIN HIGH CALORIE DIET

## FOOD FORTIFICATION

### In the kitchen

- Add 3-4 tablespoons of milk powder to 1 pint of full fat milk and use to make up tea, coffee, soups, sauces, mashed potato, jelly, milk pudding, desserts, porridge and use on breakfast cereals.
- Sprinkle grated cheese on mashed potatoes, meat dishes and hot vegetables. Cheese sauces can be poured on meat, chicken, fish or vegetables. Drizzle olive or rapeseed oil over cooked vegetables.
- Use cream on porridge, fruit or stir into soups and puddings.
- Oral nutritional supplements like Fortisip Compact Neutral or Calogen Neutral can be used to fortify foods\* in situations where patients struggle to meet their nutritional requirements from their diet.

### In the dining room / at the table

- Use butter/full fat margarine on potatoes and vegetables. Spread thickly on bread, scones and crackers.
- Add syrup, honey or sugar to foods e.g. cereal or porridge\*\*.
- Spread jam/marmalade/honey thickly on bread, biscuits, crackers or puddings\*\*.



## HIGH PROTEIN / HIGH CALORIE SNACKS

- Full fat milk and biscuits
- Bread/scones/biscuits with butter and jam
- Crackers with cheese
- High protein/high calorie desserts made with oral nutritional supplements\*
- High protein / high calorie desserts:
  - Full fat yoghurt, rice pudding, tapioca, semolina, custard

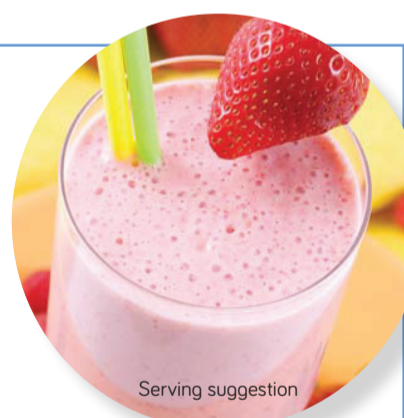


## OTHER TIPS

- Rather than miss a meal, encourage residents to eat something, however small
- Encourage residents to take 1 pint of whole milk per day, Preferably enriched with dried skimmed milk powder, this can be taken in cereal, tea, soup etc. or as a drink
- Offer 3 regular meals and 1-3 snacks per day (offer 3 small meals and 3 snacks per day to residents who are unable to finish large meals)
- Provide protein rich foods (meat, chicken, fish, eggs, cheese or beans) twice a day
- Offer a dessert after lunch and tea

## HIGH PROTEIN / HIGH CALORIE DRINKS

- Full fat milk and milk based drinks, preferably enriched with dried skimmed milk powder (e.g. Ovaltine, Horlicks, milkshakes)
- Smoothies made with fruit and milk and/or yoghurt
- Lattes (coffee made with milk)
- Hot chocolate with cream
- Soup enriched with ONS, e.g. Fortisip Compact Neutral\*
- Fortisip Compact Protein / Forticreme smoothies\*



\*Recipes are available to assist with compliance for individual residents with prescribed oral nutritional supplements.

\*\*NOTE: May not be suitable for residents with diabetes.

To receive a copy of any of our recipes please contact us:

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This guide is intended for healthcare professionals and catering staff only.

All products shown are Foods for Special Medical Purposes for the dietary management of disease related malnutrition and/or conditions requiring a high energy intake and must be used under medical supervision.

Allergens may be present, please check individual product labels. If concerned about allergens please contact your healthcare professional.

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