



Name _____

Dietitian _____

Date _____

Hospital/
Health Centre _____

Telephone no. _____

This advice leaflet aims to give you ideas for increasing the protein and energy in your diet.

This may be necessary:

- 1 due to weight loss or loss of appetite following an operation or illness.
- 2 to aid healing of a wound or pressure sore.

PROTEIN is important for healing and weight gain.

The main sources of protein are milk, lentils, beans, pulses, cheese, eggs, nuts, yogurt, fish, poultry and meat.

Try to have 2-3 helpings of any of these foods daily.

ENERGY (calories) - Your body needs lots of energy to help it to use the extra protein properly.

Rice, chapattis, bread, potato, breakfast cereals (e.g. muesli, cornflakes) are the main foods to base your meals around.

The following ideas will increase the energy content of your diet without necessarily having to eat more:

- 1 Dairy products e.g. full cream milk, lassi, cream, yogurt, eggs, ghee/butter/margarine/cheese/paneer.
- 2 Sugary foods
e.g. sugar/jaggery/gur/glucose/jam/syrup

WAYS TO INCLUDE:

Dairy Foods/Fats

- Use full cream 'silver top' milk. This can be fortified by adding 4 tablespoons dried milk powder (e.g. Five Pints, Marvel) to 1 pint of milk - this can then be used to make drinks, sauces and puddings.
- Use plenty of ghee/margarine/butter on e.g. chapattis, bread.
- Add full fat yogurt/cream/milk to curries or soups.
- Add cream/evaporated milk or condensed milk to desserts.
- Fry foods instead of grilling e.g. poppadoms.
- Add grated cheese to foods e.g. beans, vegetables.



WAYS TO INCLUDE:

Sugar (Not suitable for people with Diabetes)

- Add sugar/gur/jaggery/glucose to drinks, desserts, cereals.
- Add treacle/jam/syrup into recipes or to porridge/milk puddings.
- Eat extra sweet pickle with curries.
- Eat cakes, sweet biscuits, chocolate, sweets.
- Use ordinary squash and fizzy drinks rather than 'diet' or low calorie types.

Snacks / Easy Meals

If you are unable to manage a full meal try eating little and often.

Try for example:

Full fat yogurt
Lassi - sweet/savoury
Kulfi/ice cream
Dhal
Dried fruit
Nuts
Penda/Gulab - Jaman/Burfi/Jalebi
Laddoo
Bhajias
Samosa
Chevda/Ganthia/Fursi poori/Poppadom
Cakes
Chocolate
Kitchri
Small chapatti with dahl
Toast/bread with honey, peanut butter
Cereal with milk
Soup

Nourishing Desserts

Seekhund, Pak or Sero with extra milk
Full fat plain or fruit yogurt, fromage frais
Milk puddings
Stewed fruit/tinned fruit in syrup with custard/evaporated or condensed milk.

SUGGESTED MEAL PLAN

Breakfast

Fruit juice
e.g. mango, orange - add sugar/jaggery.

Cereal or porridge with fortified milk
(add sugar/honey/syrup).

Scrambled egg (cream may be added).

Chapatti, bread, toast - use plenty of ghee/butter/margarine and jam/marmalade/honey.

Mid-Morning

Tea/coffee *add sugar*

Milk drink *use fortified milk*

Snack e.g. Bhajias, dried fruit

Mid-day Meal

Soup - add cream/cheese/milk powder

Curry - meat, vegetable or dhal

Chapatti, rice, potato
- add ghee/butter/margarine

Puddings e.g. shrikhund, yogurt

Mid-Afternoon

Tea/coffee *add sugar*

Milk drink *use fortified milk*

Snack e.g. Bhajias, dried fruit



Evening Meal

Soup - add cream/cheese/milk powder

Curry - meat, vegetable or dhal

Chapatti, rice, potato - add ghee/butter/margarine

Puddings e.g. shrikhund, yogurt

Bedtime

Milky drink e.g.

Ovaltine, Horlicks, Drinking Chocolate

Milk shake

Cheese and Biscuits

Sandwich

Cereal with fortified milk

Weight Chart

Some people find it useful to write down their weight.

If you would like to keep a record of your weight you can do that here. There is no need to weigh yourself more than once per week.

| Date | Weight |
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