

# NutriAction



## Tips for a High Protein High Calorie Diet

### Food Fortification

#### In the kitchen

- Add 2-4 tablespoons of milk powder to 1 pint of full fat milk and use to make up coffee, packet soups, sauces, jelly, milk pudding, 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.
- Use cream on porridge, fruit or stir into soups and puddings.
- Nutritional supplements like Fortisip Neutral or Calogen Neutral can be used to fortify foods.

#### 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. Sprinkle sugar onto cereals. Honey can be added to porridge. Spread jam/marmalade/honey thickly on bread, biscuits, crackers or puddings.



### High Protein / High Calorie Snacks

- Full fat milk and biscuits
- Bread and butter
- Biscuits with butter and jam
- High protein / high calorie desserts:
  - Forticreme Complete
  - Rice pudding (add Fortisip to increase energy/protein)
  - Custard (add Fortisip to increase energy/protein)



### Other Tips

- Do not let residents skip meals – encourage them to eat something, however small
- 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



- Glass of full fat milk
- Flavoured milkshakes
- Lattes (coffee made with milk)
- Hot Chocolate with cream
- Soup enriched with Fortisip Neutral
- Fortisip / Forticreme smoothies (see Nutricia Recipe Booklet)



If you would like to discuss any of the above tips, or receive additional recipe ideas, please call Nutricia on **Freephone 1800 923 404**