

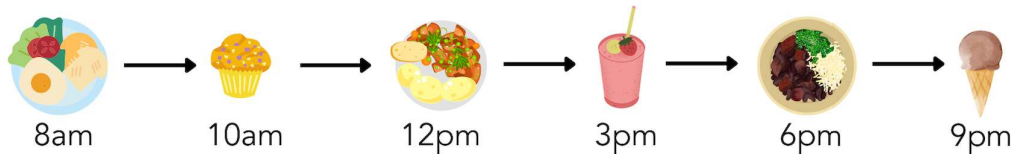
High Energy High Protein Diet

Individuals who are underweight, losing weight, or have trouble eating enough need a diet that is high in energy and protein.

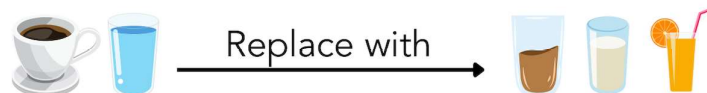
A high energy, high protein diet gives you more calories and protein. This helps with wound healing, weight gain and prevents complications from diseases. It may also shorten your hospital stay.

Tips to Help You Eat More

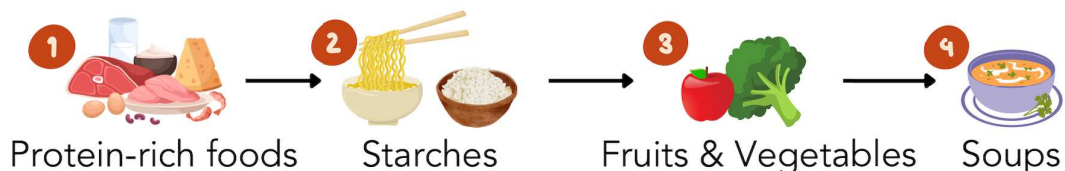
- Eat your biggest meal when your appetite is best, such as at breakfast
- Eat often throughout the day e.g. small, frequent meals every 2-3 hours (5 – 6 meals/ day)



- Drink nourishing fluids (e.g. milk, soy milk, Milo, fruit juice) instead of plain drinks (e.g. water, tea, coffee)



- Eat your food in the following order to maximise your calorie and protein intake



- Drink fluids at least 30 minutes apart from meals to prevent you from feeling full or bloated



- Enjoy your mealtimes by eating with family or friends, or by listening to your favourite music



- Make your food available wherever you go, such as a bottle of smoothie or a small bag filled with nuts or dried fruits



- Choose foods with a pleasant aroma that you enjoy. Boost the taste and smell of food with seasonings and spices such as lemon juice, mint, basil etc.



- Use a larger plate and put small food portions on it to make the amount of food appear less overwhelming

































- Vary the colours of food on your plate and decorate it with some garnishes



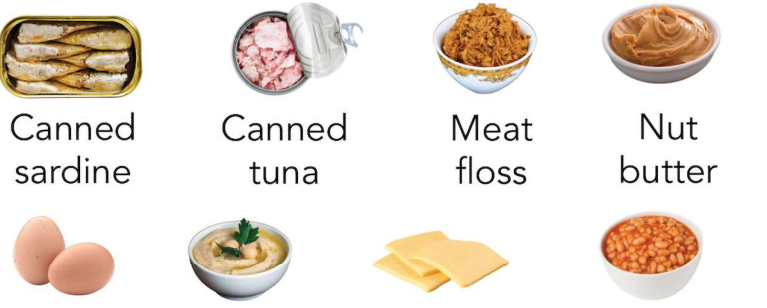

















Increasing Energy and Protein in your Favourite Food and Drinks





















Here are some ingredients you can add to your food and drinks to increase their energy and/or protein content:

Types of food	Add these ingredients to
<p><u>Drinks</u></p>  <p>Milo</p>  <p>Tea</p>  <p>Coffee</p>  <p>Soy milk</p>  <p>Milk</p>	<p><u>Increase energy content</u></p>  <p>Condensed milk</p>  <p>Sugar</p>  <p>Honey</p>  <p>Cream</p>  <p>Butter</p>  <p>Syrup</p>  <p>Avocados or other fresh fruits</p> <p><u>Increase protein content</u></p>  <p>Full cream milk</p>  <p>Low fat milk</p>  <p>Milk powder (skim/ full cream)</p>  <p>Nut butter</p>

Types of food	Add these ingredients to
<p><u>Dairy Foods</u></p>  <p>Yogurt</p>  <p>Custard</p>  <p>Ice cream</p>	<p><u>Increase energy content</u></p>  <p>Chocolate/ fruit syrup</p>  <p>Fruits</p>  <p>Chocolate/ sugar toppings/ honey</p>  <p>Chopped-up biscuits/ waffles/ cookies</p> <p><u>Increase protein content</u></p>  <p>Milk powder (skim/ full cream)</p>  <p>Nuts and seeds</p>
<p><u>Fruits</u></p> 	<p><u>Increase energy content</u></p>  <p>Ice cream/ cream</p>  <p>Chocolate/ syrup/ toppings</p> <p><u>Increase protein content</u></p>  <p>Yogurt/ custard</p>  <p>Blend with milk to make a fruit smoothie</p>

Types of food	Add these ingredients to
<p><u>Bread</u></p> 	<p><u>Increase energy content</u></p>  <p>Avocado Kaya Chocolate spread</p> <p>Margarine Condensed milk Mayonnaise</p> <p><u>Increase protein content</u></p>  <p>Canned sardine Canned tuna Meat floss Nut butter</p> <p>Egg Hummus Cheese Baked beans</p>
<p><u>Soup</u></p> 	<p><u>Increase energy content</u></p>  <p>Healthier oils* Fried shallots</p> <p><u>Increase protein content</u></p>  <p>Beans Seafood Fish Tofu</p> <p>Egg Canned peanuts Minced meat</p>

Types of food	Add these ingredients to
<p><u>Meat & Alternatives</u></p>  <p>Meat & Poultry</p>  <p>Seafood</p>  <p>Fish</p>  <p>Tofu</p>	<p><u>Increase energy content</u></p>  <p>Choose fatty fish Serve with preferred starch</p>  <p>Coat with breadcrumbs/ flour More oil*/ butter when cooking</p> <p><u>Increase protein content</u></p>  <p>Coat with egg/ milk powder before cooking</p>
<p><u>Vegetables</u></p> 	<p><u>Increase energy content</u></p>  <p>Cream-based salad dressings Fried shallots</p>  <p>Healthier oils* Stir-fry with nuts</p> <p><u>Increase protein content</u></p>  <p>Fish Meat Prawns Tofu</p>  <p>Eggs Cheese Hummus</p>

Types of food	Add these ingredients to
<p><u>Starches</u></p>  <p>Porridge</p>  <p>Rice</p>  <p>Oats</p>  <p>Noodles</p>	<p style="text-align: center;"><u>Increase energy content</u></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Healthier oils*</p> </div> <div style="text-align: center;">  <p>Extra gravy/ sauce</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  <p>Sweet potatoes</p> </div> <div style="text-align: center;">  <p>Pumpkin</p> </div> </div> <p style="text-align: center; margin-top: 20px;"><u>Increase protein content</u></p> <div style="display: grid; grid-template-columns: repeat(4, 1fr); gap: 10px;"> <div style="text-align: center;"><p>Egg</p></div> <div style="text-align: center;"><p>Canned sardine</p></div> <div style="text-align: center;"><p>Canned tuna</p></div> <div style="text-align: center;"><p>Minced meat/ chicken</p></div> <div style="text-align: center;"><p>Fish</p></div> <div style="text-align: center;"><p>Prawns</p></div> <div style="text-align: center;"><p>Tofu</p></div> <div style="text-align: center;"><p>Tempeh</p></div> <div style="text-align: center;"><p>Beans (e.g. dahl, lentils)</p></div> <div style="text-align: center;"><p>Canned peanuts</p></div> <div style="text-align: center;"><p>Milk/ milk powder</p></div> <div style="text-align: center;"><p>Meat floss</p></div> </div>

Please consult your dietitian if you have certain medical conditions such as diabetes or chronic kidney disease that may require certain dietary modifications.

*Choose healthier oils with the Healthier Choice Symbol.
For example: sesame, olive, soybean, sunflower or canola oil.



High Energy High Protein Snacks

Here are some snack ideas for in between meals:



Yam paste



Bean/ nut pastes



Chocolate pudding



Steamed egg pudding
with milk/ soymilk



Soya beancurd



Almond jelly



Ice cream



Fruit yogurt



Cheese cake



Cream cakes/ muffins/
cupcakes



Tau sar piah



Nut bars



Mashed potatoes with
milk/ cream/ butter



Meat buns/ dumplings



Edamame

Monitor your weight regularly. If you are still losing weight after trying the above strategies, you can:

- Consult your doctor or dietitian
- Consider oral nutrition supplements such as Glucerna, Ensure, Resource Fruit Liquid or Fresubin 2kcal etc.



Tips for Convenient Meals

- Prepare your meals in bulk and freeze leftovers






- Stock cupboards with convenience foods such as canned soup, canned tuna, long life milk, oats and biscuits



- Order food delivery if it is difficult for you to prepare your meals



High Energy High Protein Meal Ideas	
<p>Breakfast</p>	<ul style="list-style-type: none"> • Scrambled eggs cooked with cream and butter • Sandwich with egg/ tuna mayonnaise/ baked beans • Oats with full cream milk and nuts/ seeds • Egg prata with dahl • Nasi lemak • Lontong • Economic beehoon with egg and tofu  <p>AND 1 cup of fruit juice/ milk/ soymilk/ milk tea/ milk coffee/ Milo</p>
<p>Lunch & Dinner</p>	<ul style="list-style-type: none"> • Rice, porridge or noodles with fish/ minced meat/ egg/ tofu and sesame oil • Chappati, thosai or idli with dahl or fish/ chicken/ mutton curry • Pasta with meat sauce and cheese 
<p>Mid Meal Snacks</p> <p>Aim 2-3 times per day</p>	<ul style="list-style-type: none"> • Soybean curd • Tau sar piah • Bread with spread or cheese • Cream cake • Fruit smoothie • Yogurt • Crackers with cheese/ tuna • Meat buns/ dumplings • Kueh kueh • 1 cup milk/ soymilk/ Milo 

Contributed by Nutrition & Dietetics Service, Allied Health Services

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Information shared is accurate as of April 2024 and subject to revision without prior notice.



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