



High Protein High Energy Diet

What is it?

A high protein high energy consists of foods that in smaller quantities still give you the protein and energy that you need. Some foods, like liquid supplements or fortified puddings, have added protein, energy or nutrients.

Who is it for?

A high protein high energy diet is for people that due to a medical condition have a declined appetite, are not able to eat sufficient amounts of food, and for people that need a higher than normal amount of protein or energy. If the needs are not met, you are losing weight and muscle tone. High protein and energy foods help maintain weight and help repair muscles and tissues. Every bite counts.

- Eat your biggest meal when your appetite is best.
- Have small snacks between meals everyday. Snacks can give you extra energy.
- Include a high protein food at each meal and snack, such as meat, dairy, meat alternatives, protein powders or commercial nutritional supplement drinks.
- Eat high energy and high protein foods most of the time. Limit low fat, calorie reduced or diet foods.
- Drink liquids that give you energy through the day such as milk, smoothies, commercial nutritional supplement drinks or juice. Limit low calorie fluids such as water, coffee and tea as they will fill you up and not allow you to eat much at mealtimes.
- Eat foods that taste good to you.

Eating with family members or friends can make meal times more pleasant, increasing your appetite and intake. Also, a variety of foods keeps mealtimes interesting, change up your menu regularly. If preparing your own meals is not an option, Therapeutic Meals can help.

Therapeutic Meals provides several high protein high calorie meal options, and with our menu a la carte, you choose your own meal combination based on your preferences.

When managing a high protein high calorie diet with food alone is too overwhelming, supplements can be useful. Our registered dietitian can help by assessing your nutritional needs, create a meal plan based on our menu, suggest snacks, breakfast and lunch ideas, and suggest appropriate nutritional supplements.