

Department of
NUTRITION & DIETETICS

High Energy or High Protein Diet



Importance of Energy and Protein Intake

We need energy to carry out our daily activities and to maintain our body weight. Protein is required for muscle growth and tissue repair for better immunity, stronger muscles and faster wound healing.

Who Needs a High Energy, High Protein Diet?

A high energy, high protein diet is helpful to meet your nutritional needs when you have:



Loss of appetite/poor oral intake/early satiety*



Unintentional weight loss



Increased nutritional requirements
(e.g. prolonged infections, multiple wounds, cancer)

*Satiety = feeling full quickly after eating

Sources of Energy and Protein

Energy:



Oils
(e.g. olive/canola/sesame oil,
soft margarine, peanut butter)

Full cream dairy products
(e.g. milk, yoghurt, cheese)



Sugar, honey, jam

Fruit juices, 3-in-1 drinks
and malt beverages



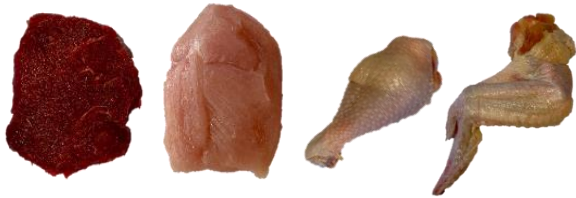
Dried fruits, nuts
and chips



Desserts
(e.g. black sesame/yam paste,
ice cream, chocolates, cakes)

Sources of Energy and Protein

Protein:



Meat and poultry



Fish



Egg



Dairy products
(e.g. milk, yoghurt, cheese)



Nuts, beans and legumes
(e.g. chickpeas),
soy products
(e.g. soymilk, tofu, tempeh)

Ways to Increase Energy and Protein Intake

- ✓ Have small, frequent meals and snacks throughout the day (aim for three meals and three snacks)
- ✓ Have ready-to-eat high energy and high protein snacks, and nourishing fluids
- ✓ Increase the nutritional value (fortify) of your foods and beverages
- ✓ Have your largest meal when your appetite is the biggest
- ✓ Explore how you can tackle some causes of poor food intake (e.g. have your largest meal when your appetite is the biggest)
- ✓ Consider using oral nutritional supplements to increase your nutritional intake

Food Fortification

Food fortification is a way to increase the amount of energy and protein in your foods and beverages without increasing the amount you need to consume. Below are some examples of how you can fortify your food and drinks:

Porridge/Noodles	Bread
<ul style="list-style-type: none"> • Add sesame oil, shallot oil or olive oil • Add fish, meat, pork, tofu and/or egg, canned peanuts • Add sweet potato and/or potato 	<ul style="list-style-type: none"> • Spread a thick layer of butter, margarine, kaya, peanut butter • Add cheese, egg and/or tuna
Oats	Mashed Potatoes
<ul style="list-style-type: none"> • Add fresh milk, condensed milk, dried fruits, nuts and/or honey 	<ul style="list-style-type: none"> • Add olive oil, butter, milk, milk powder, meat and/or cheese
Chicken/Fish/Tofu/Egg	Coffee/Tea/Malted Beverages (e.g. Milo, Horlicks)
<ul style="list-style-type: none"> • Choose fried/pan-fried options • Add additional oil (e.g. sesame oil) to steam fish • Add cheese/milk/ margarine to scrambled eggs 	<ul style="list-style-type: none"> • Add milk/soy milk/milk powder • Add ice cream, honey, sugar and/or condensed milk • Make milkshake with fruits, honey and milk/soy milk

Clinics B2
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to
access the information online or visit
<http://bit.ly/TTSHHealth-Library>

Was this information helpful?
Please feel free to email us if you have
any feedback regarding what you have
just read at
patienteducation@ttsh.com.sg



© Tan Tock Seng Hospital, Singapore 2021. All rights reserved. All information correct as of May 2021. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Tan Tock Seng Hospital. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.