Energy and protein-enriched food

azdelta

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Dear patient,

The high energy, high protein diet is often used by people who are weakened during or after illness, have undergone major surgery or by the elderly. Causes of major nutrient losses may include diarrhoea, vomiting, wounds, etc. Nutrient deficiencies can also be caused by, for example, reduced dietary intake, poor appetite, taste disturbances, depression, reduced digestion (due to gastrointestinal problems) or a one-sided diet. That is why extra energy and protein in the diet are very useful in replenishing reserves. That is precisely when it is very important to eat well and sufficiently, even if this is not always easy.

Proteins are building materials for our body that ensure our muscle mass is built back up or maintained and ensure that the diseased or damaged cells in our body are replaced or repaired. Proteins are found in foods such as meat, fish, dairy products and cheese.

Furthermore, we also get energy from fats and carbohydrates; these substances are also important as energy suppliers. We usually get enough carbohydrates through bread, potatoes, vegetables, fruit, milk products sweetened with sugar and cookies. Fats are energy suppliers that can be ingested very easily, for example, through fats for spreading and cooking, fatty meats, oily fish, whole milk products and biscuits, etc.

The aim of the high energy, high protein diet is thus to maintain or increase your fitness, resistance and strength. This can speed up recovery.

*If you have diabetes, it is best to discuss with your dietician whether adapted dietary advice is needed.

The dieticians

1 Proteins in the diet

In the diet, proteins are found in both plant and animal products. The proteins in animal products are absorbed more efficiently by the body because they are most similar to our body's own proteins.
• Animal proteins are found in: meat, fish, poultry, milk and milk-based products (cheese, yoghurt, etc.) and eggs.
• Vegetable proteins are found in: soy products, legumes (brown and white beans, lentils, chickpeas, etc.), vegetarian meat substitutes (Quorn, bean curd, tofu, tempeh, etc.), cereals and grain products (pastries, bread, etc.), mushrooms, nuts, etc.

General advice

Have daily:
- 3-4 servings of whole milk, whole milk products or calcium-enriched soy products.
- 1-2 slices of cheese
- 1 portion of meat/fish/substitutes
- Have small, frequent meals if preferred: 6 meals a day instead of 3 meals a day.

2 Stimulating the appetite

A lack of appetite is common during illness but can also last longer. Below are a few tips that can help you increase your appetite.

- Eat at **regular** times. Start the day with a delicious breakfast! Have a midday meal later and definitely don't skip your supper. Between meals, feel free to have a snack (2 to 3 times a day).

- **Conviviality at the table** is very important. Enjoy the meal by eating together with others: your partner, family, neighbours, acquaintances, etc. Then also take the opportunity to create a nice atmosphere: an aperitif, a small

appetiser beforehand, a tablecloth, flowers on the table, background music, and a book or the newspaper nearby, etc.

- Provide **variety** in meals and choose dishes you like to eat. For example, try making a hearty soup, a cold pasta salad, a quiche or a casserole dish instead of always opting for the classic combination of meat, potatoes and vegetables.

- **Exercise** and getting some fresh air **outdoors** improve appetite. Lying in bed or on the couch a lot leads to muscle loss and thus also loss of strength. As far as possible, keep yourself fit through exercise. Examples include: shopping, walking, cycling, etc.

- Are large portions too much? Then serve a **smaller portion** onto a **dessert plate**. That way, you are more likely to feel like starting the meal. It is sometimes easier to eat several small meals than three big ones.

- A small **cup of broth** can whet the appetite. Have this about half an hour before a meal.

- **Drink plenty** (at least 1.5 litres per day), but not during meals. This gives an excessive feeling of satiety. Preferably consume energy-rich drinks between meals, e.g. full-fat milk (or chocolate milk), orange juice, soft drinks, etc.

- Always make sure you have a **stock of food** in your home. If necessary, you can ask for help with shopping.

- Is cooking not going as easily as it used to? **Let yourself be helped**; ready-made meals, home-delivered meals or help from your family are alternatives to make things easier for you.

3 Bread-based meal

Start the day with breakfast! Breakfast often consists of bread, butter spread and sweet or savoury toppings. As an alternative, feel free to have a container of full-fat cream cheese or Skyr with fruit or muesli, breakfast cereals with full-fat milk, a milkshake, a sweet croque monsieur, pancakes/waffles or gingerbread instead.
To enrich the bread-based meal, choose:

- a variation on ordinary **bread**: sweet bread, sultana bread, chocolate bread, sugar bread, coffee cakes, sandwiches, pistolets, etc. Choose the type of bread you can eat the most of.
  If you choose high-energy breads, choose toppings for them as well, for example, a croissant with butter and cheese, etc.

- **savoury toppings** such as cheese (Camembert, Gouda 48+, feta, Emmentaler, Boursin, full-fat cheese spread, etc.), meat (ham, pâté, salami, ham sausage, meat salads, minced meat, bacon, etc.) or fish (smoked salmon, herring, mackerel, fish salad, fish canned in oil or sauce, etc.).

- **sweet toppings**: chocolate spread, speculoos spread, gingerbread, jam, honey, syrup, etc.

- **double toppings**, e.g. a croque monsieur, a slice of cheese with ham, herb cheese and smoked salmon, full-fat cream cheese with jam, slices of egg + ham + cheese + mayonnaise, pâté with onion jam, etc.

- use **butter** instead of diet margarine and spread thickly.

- an **egg** with the meal.

4 Hot meal

A hot meal usually provides more energy than a bread-based meal or a snack. So, make sure you try to have a hot meal every day consisting of meat/fish/egg/meat substitute, a starch source and vegetables.
Replacing a bread-based meal with a second hot meal every day provides a greater supply of energy (e.g., macaroni, spaghetti, panini, pizza, lasagna, omelette, etc.).

- You can enrich **soup** with potatoes (or mashed potatoes), vermicelli, tapioca, bread crusts, full-fat cream, coconut milk, grated cheese and pieces of fish or meat. Ready-made soup is quick to prepare and contains more energy than a regular vegetable soup.

- **Potatoes**: regularly alternate boiled potatoes with mashed potatoes (with egg, full-fat milk or cream and butter, grated cheese, bacon), jacket potatoes, gratin dauphinois, chips or croquettes, mashed potatoes with vegetables with extra butter or cream, rice, pasta or a quiche.

- Choose **fatty fish**, e.g. salmon, halibut, eel, mackerel, herring, rollmops, etc.

- Vary types of **meat** sufficiently: steak, chicken, sausage, schnitzel, mini meatloaf, etc.

- **Fish or meat alternative**: cheese, shrimp, meat croquette, a vegetarian alternative (e.g. vegetable burger, spinach burger, etc.), an egg (add extras such as grated cheese/meat, bacon, full-fat cream, etc.)

- You can also choose to have charcuterie with the hot meal, such as slices of ham, salami, pâté, meat or fish salad, filet americain, etc.

- **Stew vegetables** with farm butter or prepare them with a classic bechamel or cream sauce, gratinate with a cheese crust, add fried, thinly sliced bacon or diced ham, etc. All vegetables contain different vitamins and minerals. So get plenty of variety! If time/energy is tight, you can use frozen vegetables. Vegetables can also be replaced with stewed pears, an apple with cranberries, apple sauce, peaches, etc. Enrich your salads with a handful of nuts, diced ham, diced cheese, mayonnaise, etc.

- **Sauce** adds flavour to meals. A classic gravy is quickly made by deglazing the pan (in which the meat was cooked) with water/broth and adding flour or corn starch. You can add some full cream if you wish. Fat also provides extra energy; use butter or margarine with a minimum of 75% fat to prepare your meal.

- A delicious meal can end with a **dessert**, if this is too heavy, then wait a while and have your dessert half an hour or an hour later. Examples of desserts include: pudding, full-fat yoghurt (or fruit yoghurt), ice cream, chocolate mousse, preserved fruit, fresh fruit, etc.

5 Snacks

Choose a snack you like to eat and make sure there is always something in the fridge.

- **Savoury** snacks: olives, sun-dried tomatoes, cubes of salami and/or cheese, crisps, nuts, etc.

- **Sweet** snacks: fresh fruit, canned fruit, dried fruit, fruit porridge, biscuits, chocolate, pancakes, waffles, sweets, sorbet, chocolate mousse, etc.

- **Milk**products: a milkshake, ice cream, pudding (or rice pudding), flan, full-fat yoghurt, full-fat cream cheese with or without fruit, Skyr sweetened with sugar, yoghurt drinks, etc. Choose full-fat milk products instead of semi-skimmed or skimmed as much as possible.

6 Drinks

- Try to aim for 1.5 litres of fluid daily. Regularly choose energy-rich drinks such as full-fat milk drinks, soft drinks, orange juice, apple juice, grape juice, etc.

- To enrich drinks: add sugar, cream (or coffee cream), grenadine or another fruit syrup, cocoa, chocolate, honey, etc., to drinks such as full-fat milk, coffee, tea, etc.

- Full-fat milk products, chocolate milk, yoghurt drinks, etc.

- Buttermilk porridge, possibly with the addition of oatmeal, rice and sugar.

- Soup + potato (or mashed potatoes), pasta, cream, etc.

7 Protein content per food

The foods below can be used to increase protein intake.

FOOD	QUANTITY		KCAL
vanilla ice cream	50 g (1 scoop)	1.7 g	87 kcal
buttermilk	150 ml (1 glass)	3.5 g	49.5 kcal
Greek yoghurt	125 g (1 container)	4.3 g	150 kcal
full-fat cheese spread	25 g (1 cube)	4.5 g	90 kcal
full-fat yoghurt	125 ml (1 container)	4.8 g	82 kcal
chocolate milk	150 ml (1 glass)	5 g	108 kcal
full-fat milk	150 ml (1 glass)	5 g	94.5 kcal
semi-skimmed milk	150 ml (1 glass)	5 g	69 kcal
mixed nuts	30 g (1 handful)	6.9 g	193 kcal
hard cheese	30 g (1 slice)	9 g	83 kcal
full-fat cream cheese	125 ml (1 container)	10 g	171 kcal
Skyr	145 g (1 container)	14.9 g	81 kcal
egg	150 g (3 eggs)	18.3 g	231 kcal
salmon	150 g	27.6 g	333 kcal
chicken breast	150 g	30 g	208 kcal

8 Sample daily menu

BREAK-FAST	• bread + butter • generously top with: cheese (or cheese spread), ham, jam, chocolate spread, gingerbread, etc. • a cup of full-fat milk (or chocolate milk)/ coffee • full-fat yoghurt or pudding
10 A.M.	• a bowl of soup enriched with a dash of cream + a rusk with full-fat cheese spread
NOON	• meat, fish or egg • mashed potatoes with butter, full-fat milk and an egg • stewed vegetables or vegetables in white sauce or cream sauce • sauce/melted butter • water, fruit juice or lemonade
1 P.M.	• full-fat cheese spread with sugar + pieces of fruit
3 P.M.	• coffee (with coffee cream and sugar) with a biscuit
EVENING	• bread + butter • with a double topping of savoury options such as cheese (or cheese spread), meat, fish or an egg • milk drink or soup with cream
8 P.M.	• fruit

9 Supplementary nutrition

If the advice above does not help you maintain your weight, supplementary nutrition may be worthwhile.

There is a wide range:
- liquid nutrition
- spoon food
- energy and protein-enriched food preparations
- energy-enriched snacks

Points for attention:
- Only available from your pharmacy
- It is best to drink it in small sips, spread throughout the day

Ask your dietitian for advice about this.

10 A few more tips

- Your teeth are important! Keep them healthy. Brush your teeth daily and have a check-up with a dentist at least once per year . If you have false teeth, daily cleaning is necessary.

- Never follow a diet that omits foods without advice, as this can lead to nutritional deficiencies. Check with your doctor whether a diet is necessary.

- Speak to your doctor/dietician/nurse if you are not able to eat as much as usual or if you lose a lot of weight in a short period of time for no apparent reason.

- Try to track your weight yourself:
  It is enough to weigh yourself a maximum of once a week. If you lose too much weight, it is best to contact your dietician.

Notes

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