

Guide to ordering a HIGH PROTEIN / CALORIE DIET

If you have a poor appetite and dietary intake, or have unintentionally lost weight, you should order a 'High Protein / Calorie Diet.'

The aim of the diet is to provide protein and calorie dense foods without adding bulk. This can help to prevent / reverse weight loss and meet your nutritional needs.

Refer to the 'Do You Have a Small Appetite' diet sheet designed for patients at home for further information.

The ward staff will select the **High Protein** diet option when ordering on MenuMate (electronic meal ordering system).

The printed hospital menu indicates items high in protein and calories (energy) by coding it as below:

H – Higher energy

Below is a basic guide to helping you choose a high protein / calorie diet:

Breakfast:

Choose the **high protein milk** in place of normal milk. This should either be used with your cereal (or porridge) or taken as an extra drink.

Bread or Toast with spreads

Lunch and Supper:

Starter

Choose Vitasavoury Soup available on the ward

Flavours include: Chicken, Leek and Potato, Mushroom, Vegetable

Alternatively the homemade soup can be selected.

Main

Choose a main meal or jacket potato coded 'H'.

Or Sandwich if you prefer one of the meals to be a lighter meal

Dessert

Choose the high protein / calorie dessert coded 'H' with custard
Rice pudding or ice cream would be your second best option

You can order more than one dessert; you can either eat these at a mealtime or alternatively save one to have as a snack later.

Snacks:

Try to have some snacks in between meals – 'little and often' can help build your appetite.

Choose from the following snacks available on the ward:

Custard Pot
Rice Pudding
Mini Cheddars
Cake
Biscuits
Yoghurt
Fruit pot

Drinks:

Milky drinks from the drinks trolley, e.g. malted milk drink, hot chocolate, or a glass of milk.
These should be made with **full cream milk**.

Even with a 'High Protein/Calorie' (HPC) menu, if you consistently manage less than half of your meals or you are losing weight, you might benefit from nutritional supplement drinks.

To help further increase your protein and calorie (energy) intake, we then recommend:

- Complan
Flavours include: Vanilla, Strawberry, Chocolate and Banana

IF ITEMS ORDERED ARE NOT RECEIVED, PLEASE INFORM CATERING OR DIETITIAN.

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Dietitian: 01935 384250

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