

High Energy High Protein Diet Shopping list ideas

This information sheet aims to give tips for the kinds of foods and drinks to buy in to help keep your weight and strength up. It complements our leaflet *Eating well with a small appetite* which offers practical tips for people who are struggling to keep their weight up.

Your healthcare professional can guide you as to suitable choices using the codes below.

- P:** good for **protein**
- E:** good for **energy** (calories)
- F:** can be used to **fortify** foods and drinks by spreading on or stirring in

If you think that any of the choices are unsuitable for you, eg because you are following a specific diet, discuss this with your healthcare professional. If you've been losing weight unintentionally it might be that you need to relax some of these dietary restrictions.

Savoury snacks, spreads, fillers and dips – fridge	
Sausage rolls PE Scotch eggs PE Small meat pies/pasties PE Meat/chicken/fish pakora PE Vegetable/onion bhaji/pakora E Meat/chicken spring rolls PE Vegetable spring rolls E Garlic bread E Cheese – hard or soft (full fat) PEF Butter / margarine (full fat) PEF Chocolate spread EF	Pate PE Cooked meats PE Salami PE Humous PEF Guacamole PEF Cheesy dips PEF Creamy dips EF Egg mayonnaise PE Tuna mayonnaise PE Salsa E Double cream EF
Savoury snacks, spreads, fillers and dips – cupboards	
Nuts PE Ground almonds PEF Cheese straws E Meat or fish paste PE Butter/margarine (full fat) EF	Crackers E Crisps and savoury snacks (full fat) E Peanut butter PEF Cereal, crunch, granola E Mayonnaise (full fat) EF

Quick and easy meals – fridge/freezer	
Cheese PEF Sausage PE Bacon PE Gammon steak PE Eggs P Lamb or pork chops PE	Burgers PE Smoked fish (ready to eat eg mackerel) PE Baking potatoes E Frozen fish PE Fish fingers PE Fish cakes PE
Quick and easy meals – cupboards	
Baked beans PE Tinned meat PE Tinned fish PE Tinned spaghetti E Tinned mushy peas PE	Tinned stew PE Tinned chicken in sauce PE Tinned breakfast PE Bread PE Enriched powdered soups eg Meritene PEF

Ready meals – fridge/freezer	
Shepherd's pie PE Cottage pie PE Fish pie PE Roast dinner PE Fish & chips PE Toad in the hole PE Meat or chicken pie PE Quiche PE Macaroni cheese PE Lasagne PE Pasta bake PE Chicken/meat/fish curry PE Dahl PE Vegetable curry E	Chicken/meat/fish Chinese / Thai curry PE Vegetable Chinese / Thai curry E Sweet & sour chicken PE Chicken chow mein PE Meat/ fish risotto PE Vegetable risotto E Pizza E Meat / chicken / sausage casserole PE Oven chips E Quorn P Lentil / chickpea bake PE Chicken kiev PE Roast potatoes PE Yorkshire puddings PE

Desserts and puddings – fridge/freezer	
Rice pudding PE Crème brulee PE Sticky toffee pudding PE Jam/chocolate/treacle/ fruit sponge E Fruit pies E Crumbles E Trifles E Sundaes E Panna cotta E Chocolate melts and chocolate pots E	Lemon tart/meringue E Fresh custard PE Cheesecake PE Ice cream E Mousses E Instant whips E Greek yogurt PE Thick and creamy and luxury yogurts PE High protein yogurts PE Double cream E

Desserts and puddings – cupboards	
Tinned sponges E Tinned/packet custard PE Tinned rice pudding PE	Other milky puddings PE Tinned fruit E

Cakes, pastries, biscuits	
Bourbons E Cream-filled biscuits E Custard creams E Chocolate digestives and oat biscuits E Cookies E Millionaire shortbread E Plain digestives and oat biscuits E Shortbread E Brioche E Buttered teacake EP Croissants EP Danish pastries E	Pain au chocolat EP Pancakes E Waffles E Chocolate brownies E Cream cakes E Cup cakes / fairy cakes E Doughnuts EP Flapjack E Fruit cake E Muffins EP Scones (with butter/jam/cream) EP Victoria sponge EP

Sweets and confectionary	
Chocolate and chocolate bars E Toffee and fudge E	Chocolate coated fruit and nuts EP Jelly or boiled sweets E Dried fruit E

Drinks – fridge	
Ready made milkshakes, eg: Yazoo, Frijj, Galaxy Smooth Milkshake, Snickers Mikshake, Fuel Strawberry Breakfast Milk, Gulp Vanilla Milk Drink EP	Milk (ideally full fat) EPF Fruit juice E Over the counter nutrition drinks, eg: Aymes Retail, Nourishment Original EP

Drinks – cupboard	
Long life milk EPF Skimmed milk powder (to fortify meals and drinks) EPF Evaporated or condensed milk EPF Malted drinks eg Ovaltine/Horlicks EP Hot chocolate/cocoa powder EP	Nutrition powders (just add milk), eg: For Goodness Shakes High Protein Milk, Complan Shake, Aymes Shake EPF Cordial E Long life fruit juice E

Miscellaneous – cupboards	
Jam, Marmalade EF Honey EF Sugar EF	Syrup, Treacle EF Egg white powder PF Olive oil, Vegetable oil EF

Other ideas

Further information

Helpful literature

Eating Well with a Small Appetite – ask the person who gave you this leaflet

Nourishing Drinks for Adults – ask the person who gave you this leaflet

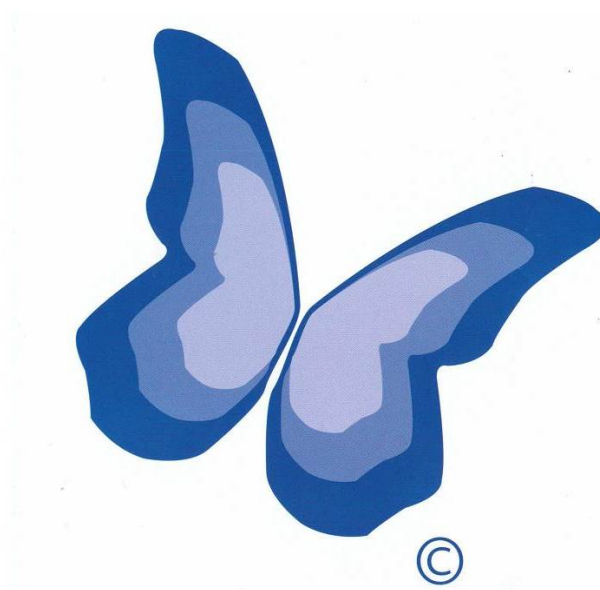
If you require this leaflet in other languages or formats please telephone the Patient Advice and Liaison Service (PALS) on 01535 294019

Contact

For further information or any queries contact the person who gave you this leaflet or:

Department of Nutrition and Dietetics
Airedale General Hospital
Skipton Road
Steeton
Keighley
BD20 6TD

Tel: 01535 294758 / 294857 (direct lines)



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