

# High Energy High Protein Eating for Greek speaking communities

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## **A High Energy, High Protein diet is useful when:**

- You have lost weight without trying
- You can't eat enough due to poor appetite, nausea or other symptoms
- You have increased energy and protein needs (eg after surgery or if you have cancer)
- You are underweight

## **High Energy, High Protein Foods include:**

- Meat, chicken, fish and seafood
- Dairy products (eg milk, cheese, yoghurt). This includes soy and lactose-free varieties. Note that other milk replacements (eg almond and rice milk) contain less protein
- Eggs
- Deli meats (eg turkey and ham)
- Legumes, including beans and lentils
- Nuts and seeds
- Meat substitutes (eg tofu, vegetarian sausages)
- Nutritional supplements (eg Sustagen, Ensure, Resource)
- Although these don't provide protein, condiments such as margarine, butter, salad dressing and oils are a good source of energy

## **Practical tips to help increase or maintain your weight:**

- If you can't eat much, try eating smaller amounts more often. Aim for 6 smaller meals/snacks each day
- Make every mouthful count: limit low energy foods such as 'diet' or 'lite' products
- Instead of filling up on tea, coffee or water, drink fluids that provide energy and protein such as milk, juice or cordial

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- Enjoy fruit and vegetables as part of a high energy, high protein meal, e.g. fruit with custard or vegetables with cheese sauce
- Keep a selection of your favourite foods in the fridge or cupboard
- Keep ready-to-eat meals and snacks handy for times when you don't feel like preparing food (see page 3 for some ideas).
- Try preparing large quantities of your favourite meals and freezing them in individual portions

## Tips for Making Every Bite Count

### Meals:

- Include meat, chicken, fish, eggs, legumes or tofu with main meals (including soups, stews and casseroles)
- Add meat or eggs to noodles, congee, or soup
- Sprinkle milk powder, Sustagen powder or Ensure powder into cereal, custards, or desserts. Neutral flavours may be preferred in mashed potato or creamy soups
- Use full cream milk instead of water to make porridge, soup, dessert and drinks
- Add extra oil or butter/margarine when cooking meat and vegetables
- Crumb and fry meats with extra oil
- Use gravies or creamy sauces in dishes and on meats
- Grate cheese or use a creamy sauce with pasta or vegetables
- Have fried rice instead of boiled rice
- Add oil or mayonnaise based dressings to salads, and add extra cheese (e.g. feta)
- Add nuts (including ground nuts like LSA) to stir-fries or desserts
- Add honey, sugar, dried fruit or nuts (including ground nuts like LSA) to breakfast cereal
- Try the following dishes (rich in energy and protein):
  - Avgolemono (chicken, egg and lemon soup)
  - Kokkinisto (beef stew in tomato sauce)
  - Pastitsio (baked pasta with meat sauce and cheese)
  - Moussaka (eggplant and spiced meat with cheese sauce)
  - Youvetski (beef stew with pasta and cheese)
  - Souvlaki (skewers of barbequed meat/chicken/pork)

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## Enriched Milk Recipe

- Pour 1 litre of full cream milk into a jug and add 4 tablespoons milk powder (or Sustagen/Ensure powder). Whisk until blended
- Keep this enriched milk in your fridge and use in place of milk in drinks, soups, porridge, cereal, desserts, baking, tea, coffee or Milo

## Snacks - Savoury:

- Cold meats (e.g. ham, chicken, turkey)
- Stuffed grape leaves
- Spanikopita (spinach pies)
- Kefthethes (savoury greek meatballs)
- Canned fish or chicken
- Crackers with tahini or cheese
- Creamy dips (eg french onion, hommus, tzatzki)
- Nuts and seeds
- Hard boiled eggs
- Tinned spaghetti or mixed/baked beans
- Crackers or corn chips with cheese or dip

## Snacks - Sweet:

- Plain or flavoured yoghurt with honey and/or nuts
- Flavoured milk, milkshakes, thickshakes or fruit smoothies
- Make milkshakes with yoghurt, ice-cream, or milk powder. Add fruit, milo or toppings for flavour
- Ice-cream, custard
- Rice Pudding
- Galaktompoureko (creamy custard pie)
- Loukoumades (fried dough balls covered in honey)
- Commercial dairy desserts (e.g. Fruche, mousse, creamy rice, LeRice, crème caramel)
- Dried fruit, tinned fruit in syrup
- Cakes, muffins, slices, cookies, biscuits (e.g. Baklava)
- Crumpets, pikelets or raisin toast with margarine or butter, jam, honey, peanut butter
- Chocolate-dipped fruit

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## Healthy Hearts and Diabetes

If you have a heart condition and are concerned about the effect of a High Energy High Protein diet on your heart health, consider the following tips:

- Use healthier oils like olive, canola, safflower, and sunflower oil
- Cut visible fat off meat and remove skin from chicken before cooking
- Use margarine, avocado, hommus or reduced fat cream cheese as a spread instead of butter
- Add avocado to sandwiches and salads
- Have raw nuts or seeds as a snack, or add them to your cooking.
- Mix skim milk powder and low fat milk to create enriched milk rather than full cream products

If you have diabetes and are concerned about the effect of a High Energy High Protein diet on your blood sugar levels, please speak with your dietitian.

## Interpreter Services

Professional interpreters are available if you need help understanding or speaking in English. You may have a family member or friend present, but all communication about your treatment should be through a professional interpreter.

Interpreter services are free and confidential.

It is your right to ask for an interpreter if one is not offered to you. The staff will book the interpreter for you.

If you need to use an interpreter to contact us, please call the telephone Translating and Interpreter Service on 131 450.

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**Keep a weekly weight record to check if these changes are working:**

Date	Weight

<b>Healthy Weight Range or Weight Goal</b>	
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Name: \_\_\_\_\_

Dietitian: \_\_\_\_\_

Date: \_\_\_\_\_

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