

High Energy and High Protein Eating for Children and Adolescents

An increased energy and protein diet may be recommended to encourage weight gain and catch-up growth, to meet increased needs due to illness, or during times of poor appetite and oral intake. The diet should still be balanced, but will provide more energy and protein than what a child or adolescent of the same age would usually need.

High Protein Foods	High Energy Foods
<ul style="list-style-type: none">• Dairy products (i.e. milk, cheese and yoghurt)• Meat, chicken and fish• Eggs• Beans, legumes, nuts and seeds	<ul style="list-style-type: none">• Margarine, butter, salad dressings, oil, cream• Full cream dairy products, including smoothies and ice-cream

How can I increase the energy and protein within a balanced diet?

- Add margarine or oil to vegetables, pasta and rice
- Spread margarine thickly on bread and toast
- Fry meats, vegetables and rice in oil or margarine
- Add grated cheese to soups, vegetables and baked beans
- Make sure all dairy foods are full fat
- Add extra honey or sugar to sweet desserts and breakfast cereals
- Add cream to desserts, custards and yoghurts

Why should I not just provide a diet with lots of 'junk' food for more energy?

Occasional treats such as lollies, chocolate and takeaway foods are fine, however eating too many of these foods may not leave room for more nutritious foods.

What may help at mealtimes?

- Aiming for 3 small meals and 3 snacks across the day is a realistic way to increase food intake during times of poor appetite.
- Make the most of the mealtime when appetite is greatest. For example, if breakfast is when your child or adolescent eats well, you may decide to serve cereal and milk in addition to eggs on toast.
- Include high protein and high energy foods at every meal and snack
- Make sure your child is not filling up on drinks. Offer drinks away from mealtimes.
- Give plenty of positive encouragement when your child eats and even if they don't eat; compliment them for any good behaviours.

Meal and Snack Ideas

<p>Breakfast</p> <ul style="list-style-type: none"> • Toasted cheese sandwich • Cereal with full cream milk, dried fruit and full cream yoghurt • Scrambled eggs topped with cheese on toast with margarine • Ham and cheese croissant 	<p>Lunch</p> <ul style="list-style-type: none"> • Mini pizzas • Ham, cheese and tomato toasted sandwich • Baked beans on toast topped with cheese • Sandwiches with nutritious fillings 	<p>Dinner</p> <ul style="list-style-type: none"> • Casserole with mashed potato • Creamy soup with toast spread with margarine • Baked potato topped with bacon, coleslaw, cheese, baked beans
<p>Snacks</p> <ul style="list-style-type: none"> • Milk drinks • Dried fruit • Dry biscuits with peanut butter or margarine and cheese • Muesli bars • Crumpets with margarine and honey • Yoghurt, custard and dairy desserts • Cheese 	<p>Nutritious Sandwich Fillings</p> <ul style="list-style-type: none"> • Cheese with Vegemite • Eggs with mayonnaise • Baked beans or spaghetti • Avocado and cheese • Mashed banana and honey • Tinned tuna or salmon in oil • Cold meats • Grated apple with peanut butter 	

Name and Phone: