Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

High Calorie High Protein Snacks

Not getting enough nutrition over time can lead to losing weight without meaning to, slower healing of wounds, less ability to do things on your own, and higher risk of infections and other problems from your illness.

If you do not feel like eating much, we recommend having small meals often to help you get the calories and protein your body needs each day. Below are some ideas for high calorie high protein snacks that you can eat between your main meals:

PUREE

Before you eat the food, please make sure it:

- Holds together well enough to keep its shape on the spoon
- Falls off the spoon in one piece when you tilt or turn the spoon sideways; you may need to flick the spoon gently, but the food should slide off easily with very little food left on the spoon - the food should not be hard and sticky
- May spread out a little or slump very slowly on a plate
- Has no lumps
- Is not sticky
- Does not need chewing



The following foods work well for a puree diet. However, foods with the star (*) may need extra thickening as your speech therapist tells you:

★ = 100 kcal ☆ = 7g protein

High Energy

					
Almond Paste* (1 bowl)	Avocado Puree (1/2 whole)	Black Sesame Paste* (1 bowl)	Cream Chicken Soup* (1 cup, sieved)	Sweet Potato Puree (1 medium)	Yam Paste* (Orh Nee) (1 bowl)
★★	★½	★½	★½ ☆	★½	★★★

High Energy & Protein

					
Chocolate Mousse (1 cup)	Chocolate Pudding (1 cup)	Custard* (1 cup)	Full Cream Yoghurt* (1 small tub)	Peanut Paste* (1 bowl)	Walnut Paste* (1 bowl)
★★★	★★ ☆	★★★ ☆☆	★½	★★★ ☆	★★★ ☆

*You may need to add thickener if it is too watery and if your doctor has told you to have thickened liquids

MINCED AND MOIST

Before you eat the food, please make sure it:
- Can fit between the prongs of a fork **(4mm)**
- Is soft and moist with no separate thin liquid
- Has lumps that are easy to squash with your tongue
- Does not need biting and needs very little chewing



The following foods work well for a minced and moist diet. However, foods with the star (*) may need extra thickening as your speech therapist tells you:

★ = 100 kcal ☆ = 7g protein

High Energy



Kuih Talam
(1 piece, 130g)

★★



Yam Cake, Steamed***
(1 piece, 130g)

★★☆

✚

High Energy Puree Foods as above

***Remember to remove the garnish and hard bits. Can also be steamed carrot or pumpkin cake

High Energy



Omelette
(2 eggs)

★★☆☆



Otah
(2 piece)

★★☆



Shepherd/ Cottage Pie
(1 piece, 250g)

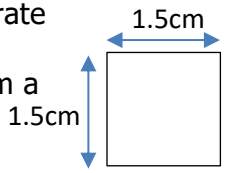
★★★☆☆

✚

High Energy & Protein Puree Foods as above

SOFT & BITE-SIZED

Before you eat the food, please make sure it:
- Is soft, tender and moist throughout with no separate thin liquid
- Can be mashed or broken down with pressure from a fork, spoon or chopsticks
- Needs some chewing
- Is made of smaller pieces no bigger than **1.5cm x 1.5cm**



The following foods work well for a minced and moist diet. However, foods with the star (*) may need extra thickening as your speech therapist tells you:

★ = 100 kcal ☆ = 7g protein

High Energy



Almond Jelly (200g) ★★

✚ High Energy Puree Food as above ✚ High Energy Minced Foods as above

High Protein



Beancurd (1 bowl, **remove syrup**) ★☆



Omelette, Soft (2 eggs) ★★☆☆



Peanut Soup* (1 bowl) ★★★☆



Steamed egg (2 eggs) ★★☆

High Energy & Protein

✚ High Energy Puree Food as above ✚ High Energy Minced Foods as above

*You may need to add thickener if it is too watery and if your doctor has told you to have thickened liquids

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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