Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

High Energy High Protein Pictorial Guide

Patients who are malnourished [not getting enough nutrition] should eat enough calories and protein each day to meet their body's needs and stop losing more weight. Good nutrition helps boost your immune system [your body's defense against illness], heal wounds faster, and build muscle strength. This helps you recover and get better more quickly

TIPS TO INCREASE YOUR TOTAL ENERGY AND NUTRIENTS

1. Do not drink water before meals



2. Create a pleasant dining environment or eat together with your loved one



3. Eat small meals more often

Replace two or three large meals with smaller meals throughout the day. Even if you do not feel hungry, try to eat a few bites of food every 1-2 hours.

4. Choose foods and drinks that are high in calories and protein

	Instead of…	Go for…
Choose cooking methods with more fat (like fried rice, fried noodles, deep fried foods)		
Choose biscuits with cream fillings and cookies		
Choose breads with flavor		
Choose cream soups		
Choose nourishing drinks like milk, soy milk, juice, milk tea, chocolate milk, or malted drinks		

5. Choose snacks that are high in energy and protein

Regular texture

High Energy		High Energy & Protein	
			
Peanut Butter Biscuit	Custard Puff	Chicken Pau	Boiled Chick Peas
			
Cake	Samosa/ Curry Puff (Potato, Sardine)	Chicken nuggets	Sandwich (Chicken, Tuna, Egg, Peanut Butter, Cheese)
			
Ice Kachang/ Chendol	Ice Cream	Tuna Bun / Sardine bun / Chicken bun	Tau Suan with Dough Fritters

Pureed texture *

High Energy / Protein		
		
Peanut paste	Full cream yoghurt	Chocolate pudding
		
Chocolate pudding	Black sesame paste	Soy bean curd

***All pureed snacks must be thickened to the texture your speech therapist tells you to use**

6. **Food fortification strategies are ways to add more nutrition to your foods and drinks without making them bigger or adding more food**

HOW TO ADD NUTRITION TO: **PORRIDGE**



Porridge

Protein



Egg



Tofu



Braised Peanuts



minced meat



Canned sardines



Cooked sliced fish



Canned tuna in oil

Carbohydrate



Mashed potato



Sweet potato

Fat

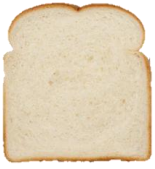


Sesame Oil



Curry gravy

HOW TO ADD NUTRITION TO: **BREAD**



Bread

Protein



Canned tuna in oil



Sliced cheese



Egg



Peanut butter*



Chicken floss

Fat



Margarine

Carbohydrate



Kaya*



Fruit jam*



Chocolate spread *

***This food may raise blood sugar levels for people with diabetes.**

HOW TO ADD NUTRITION TO: **OATS**



Oats/
Nestum

Protein



Full cream
yoghurt



Full Cream Milk



Soy Milk



Peanut butter*



Egg

Carbohydrate



Condensed milk*



Malted drinks (e.g.
Milo/Horlicks)*



Honey*

HOW TO ADD NUTRITION TO: **BEVERAGES**



Tea



Coffee



Malted drinks
(e.g.
Milo/Horlicks) *

Protein



Soy Milk



Full Cream Milk/ powder



Egg

Carbohydrate



Condensed milk*



Honey*



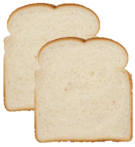
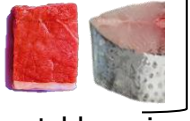
Sugar*



Oats/ Nestum

***This food may raise blood sugar levels for people with diabetes.**

An example of a 1500-calorie meal plan

Breakfast	 2 slices of bread ✚  1 tbsp peanut butter ✚  1 slice cheese ✚  1 cup milk/ 4tbsp (30g) milk powder/ 1 cup soy milk (200ml)
Lunch	 1 bowl stir-fried beehoon (150g) ✚  2 matchbox size chicken/ fish/meat ✚  1 tbsp oil ✚  1 cup vegetable (100g) ✚  1 serving fruits
Dinner	 1 bowl rice ✚  1 box tofu **OR**  2 matchbox size chicken/ fish / meat ✚  1 cup vegetable (100g) ✚  1 serving fruits
Snack	 1 handful baked almonds/ mixed nuts **OR**  1 cup yogurt **OR**  1 bowl soya bean curd **OR**  1 cup almond jelly
Supper	 1 cup milk/ 4tbsp (30g) milk powder/ 1 cup soy milk (200ml)

Usual Weight: _____kg (date)

Current Weight: _____kg (date)

Goal Weight: _____kg in_____(weeks/months)

Goal Setting
1. 2. 3.

Instructions
1. 2. 3.

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

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