



AGED CARE

HIGH ENERGY HIGH PROTEIN DIET

When a resident is eating poorly and is losing weight then a High Energy High Protein Diet (HEHP Diet) should be implemented.

A Food First approach is always best and can meet the needs of most residents. A HEHP Diet consists of foods that are high in energy and protein in a small volume.

A HEHP Diet consists of:

1. Small, frequent meals

Snacks or nourishing fluids at morning tea, afternoon tea and supper are important.

2. Nourishing fluids, e.g.:

- Milk: aim for 2 or 3 milk drinks a day
- Add ice cream, extra skim milk powder, flavour, honey, fruit, yoghurt
- Fruit juice
- Cordial and soft drink can provide kilojoules or calories (although no protein or other nutrients)

3. Increase protein and energy in the food that is eaten

Make sure that the food that is provided is as high in protein and energy (calories) as possible to ensure maximum nutrition from the small amounts that may be consumed.

- Add milk powder/ legume powder/ egg powder to boost protein.
- Add extra margarine, butter or cream to savoury dishes such as vegetables, stews and casseroles.
- Use fortified milk (add skim milk powder to milk) on cereal, in porridge, custard and wherever milk is used.
- Add grated cheese to mashed potato and white sauces.
- Add cream to desserts.

4. Restriction of foods and fluids which are low in kilojoules

These do not contribute significant energy to the diet and should be kept to small quantities.

- Tea, coffee, Bonox, thin broth, soda/ plain mineral water, low kilojoule soft drinks.
- Salad vegetables, excess fresh fruit.

5. Use commercial supplements if the above measures have not worked

- High energy milk based supplements
- Clear fluid supplements
- Puddings
- Med Pass (2Cal/ml formula)
- Wound supplement

** Some people may require a multivitamin and mineral supplement.*