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High protein, high calorie eating in Diabetes



Western Sussex Hospitals
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If you are feeling unwell or don't have the strength to cook it can be useful to have some help with your meals.

Ready prepared meals can be bought from most shops, and you can heat these up at home.

These companies deliver frozen ready prepared meals to your home. You can telephone them to ask for information or a brochure:

Wiltshire Farm Foods 01444 881926

Sussex FarmHouse Meals 0845 070 2222

Oakhouse Foods 0845 643 2009

For hot meal deliveries you can contact your local council and ask about Meals on Wheels.

This company also delivers hot meals:

Martins (Shoreham, Worthing Littlehampton, Findon Valley) 01903 202525



When you have a small appetite you may only feel like eating small amounts at meal times. This means it is important to keep some snacks and drinks at hand to have between meals. Try to eat and drink something every 2-3 hours.

Ideas for Nourishing Snacks

- Cheese and crackers
- Nourishing drink (see page 7)
- Banana
- Toast with baked beans/cheese/mackerel
- Avocado/ eggs
- Thick and creamy yogurt/pot of custard/milk pudding
- Cereal with fortified milk (see page 7)
- Scone with butter
- Crumpet with grilled cheese
- A handful of nuts
- Soup with cream added



Nutritious Meals

When you have diabetes it is important to include a starchy food with each meal. This helps to keep your blood glucose levels steady. At each meal try to include something from the following list:

- Breakfast cereal
- Pasta
- Rice
- Potatoes
- Bread
- Other starchy food such as Quinoa/buckwheat

It is also important to include a protein food at each meal. So as well as including something from the list above, try to make sure that each meal contains something from this list too:

- Meat
- Fish
- Eggs
- Cheese
- Beans / Pulses



Ideas for Light Meals

- Sandwich made with granary bread and a high protein filling, e.g. ham, cheese, chicken or egg
- Cheese toastie made with granary bread
- Ham or cheese omelette with a slice of bread
- 'Cream of' soup with a slice of bread, or a bread roll
- Jacket potato with tuna mayonnaise, cheese or baked beans
- Small portion of pasta and meat based sauce
- Tinned fish on toast
- Fish fingers with bread and butter
- Macaroni cheese



Ideals for Puddings

- Fruit with custard
- Sugar-free jelly made up with fortified milk
- Baked apple with custard
- Thick and creamy yoghurt
- Slice of malt loaf with butter



Handy Tips

Prepare meals in advance when you feel like cooking. Make and freeze extra portions that can be used when you don't have the energy to cook.

Ready-made meals can be useful on days when you don't feel like cooking.

If you rely on others to help to prepare your meals keep a flask of nourishing drink and a snack nearby to have between meals.

Avoid filling up on large drinks with your meals – try having a drink half an hour before or after.



Fortifying Food

If you don't feel up to eating much, then it is important that whatever you do eat is as nourishing as possible. By adding high calorie extras to your food, you are not eating a larger portion but you are making your small portion more nourishing.



Examples of fortifying food:

- Add oil or butter to potatoes and vegetables. Use oil or butter to fry meat, fish or eggs.
- Add grated cheese to pasta dishes, omelette, soups, salads, potatoes, vegetables and use as a topping on oven-baked dishes, e.g. shepherd's pie.
- Add cream to scrambled egg, soup, sauces, puddings, and fruit.
- Add mayonnaise, cream cheese or peanut butter to sandwiches, bread, toast, crumpets or crackers.
- Add nuts, seeds, avocado, full fat yogurt, dried fruit, custard or chopped egg to a variety of foods.



Nourishing Drinks

Drinks can be a really useful way to get some nourishment without the feelings of fullness you may get with eating. In place of some of your usual drinks try milk or soup.



Milk is very nourishing. Try using a pint (568 ml) of full cream milk each day. It could be used in cold or hot drinks, sweet and savoury sauces, milky puddings, in milkshakes or as a drink on its own.

To make it more nourishing, try adding 4 tablespoons of skimmed milk powder to 1 pint of milk. This is known as Fortified Milk and contains extra protein.

Soup can be a comforting and nutritious drink. The thicker, creamy varieties with some beans, dumplings or croutons provide some extra energy.

Nutritional Supplement Drinks

It is better to use everyday foods and nourishing drinks first but if you are not managing enough food or enough variety of foods, then supplement drinks can be used between meals or as part of a meal.

Dietary supplements that do not need a prescription such as Complan or Build-up can be found in chemists and in some supermarkets. They have some extra energy, protein, vitamins and minerals. There are a range of sweet, milkshake style flavours, and savoury soup-style flavours. They can be made up with milk or with water, depending on what you prefer, but using milk will add more goodness.

Prescribable Nutritional Supplements

If following the previous advice is not enough to meet your nutritional needs you may need to have some prescribable nutritional supplement drinks. Your dietitian can advise you on the correct supplements to suit your needs and organise a prescription with your GP.

