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Western Sussex Hospitals

High protein, high calorie eating in Diabetes



Notes

A high calorie, high protein diet is sometimes needed to help to make sure you get enough nutrition, prevent weight loss, or help you to gain weight if needed.

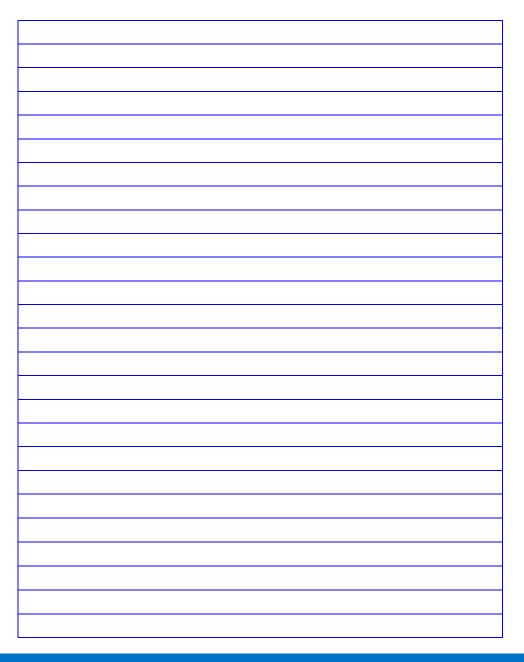


This may be because you have been losing weight due to an illness, you

have only been able to eat small amounts or because you are recovering from a procedure such as surgery.

In situations like those, it can be helpful to follow a high protein, high calorie diet because:

- It can help with wound healing and speed up recovery from surgery
- It can help you regain muscle tissue that you may have lost.
- It gives your body's immune system energy to work, and to help you fight infections.
- It can make you stronger so that you are less likely to have an injury if you suffer from a fall.



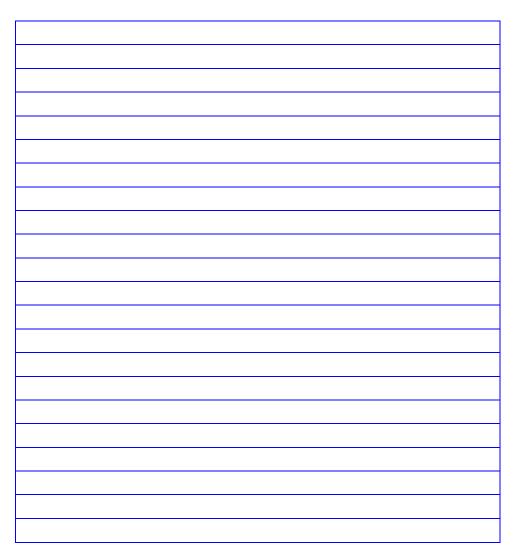
Notes

Because you have diabetes, you have probably been encouraged to follow a low fat, low calorie diet for some years, and it can be difficult to understand why that needs to change at the moment. When your body needs to "re-fuel" following an illness or weight loss, or when you are unable to eat much, it is very important to get enough calories and protein to keep you well nourished.



As you will see in this booklet it is possible to eat high calorie foods and still control your diabetes well. Meal patterns may change (eating little and often) until you have recovered and you may be advised to increase your intake of fatty foods as they can be an important source of energy during illness.

If you become concerned that your blood glucose is too high please contact your surgery. Once you regain your normal appetite then you may gradually return to your usual diet.



We are keen to know if this leaflet gives you the information you need in a way that is easy to understand. Please tell us if you think we can improve it by contacting us at the address or telephone number on the back. 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



Little and Often

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/mackeral
- 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



- 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

Fortifying Food

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.



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.



Nutritional Supplement 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.

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.

