

Eat to beat – or treat – malnutrition

When you are ill, your nutrition requirements usually increase. For this reason, a high protein high energy (HPHE) diet is often recommended to prevent weight loss (or help with weight gain if necessary), build strength and aid in a quick recovery. While you are in hospital, it will help to:



- 1 Eat meat, poultry, seafood and eggs first.** These foods are rich in muscle-building protein.
- 2 Sip on milk-based or oral nutritional supplement drinks throughout your meal.** These drinks provide both protein and energy.
- 3 Eat dessert next.** Sweets provide a lot of energy for their small size, which is beneficial when trying to increase energy consumption.
- 4 Eat bread, potato and grains (oats, barley, rice) next.** These foods offer energy-giving carbohydrates to help you feel full.
- 5 Eat vegetables at the end of the meal.** Although they're very good for you, they don't provide the energy and protein you need most at this time.
- 6 Drink tea, coffee and water last.** Although hydration is important, these calorie-free fluids offer little nutrition, so you don't want to fill up on them at mealtimes.



Have questions or concerns?

Ask to speak to a dietitian. They will be able to provide individualised nutrition advice for your current medical situation and recommendations for when you are out of hospital.

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