

# Making Calories Count



## Have you lost weight without trying?

Your health professional may tell you to eat foods that are high in protein and energy to help build your strength and to help you regain some of the weight you may have lost. But what does this mean?

Eating foods high in energy or protein helps to maintain muscle mass and also provides the calories you need to keep going. Eating this way can really help if you have a poor appetite or are finding it difficult to eat larger portions.

## Choose protein foods at every meal

Protein is important for building and maintaining muscle mass and for tissue repair.

Try to eat 1-2 serves at each meal. 1 serve is equal to:

100g  
red meat



100g  
chicken



100g fish



2 eggs



1 cup milk



150g tub protein  
or Greek yoghurt



75g  
legumes



30-40g nuts



1 tbsp  
peanut butter



170g tofu



Mix and match by adding legumes, beans, eggs and cheese to boost the protein in your meals.

## Use full-cream and enriched dairy foods

Milk is one of the most nutritious foods – rich in protein, calcium and other essential nutrients. You can boost the nutritional value and protein content of regular milk by adding milk powder. This is a cost-effective way to prepare your own nutritional supplement.

Adding cheese or cream to your dishes is another way to boost the energy content of meals and, even better, a scoop of ice cream can make any drink or dessert delicious.

### Enriched milk recipe:

**To make one glass:** Add 1 heaped tablespoon of full-cream milk powder to a glass (250mL) of full-cream milk.

**To make one litre or a jug:** Add 4 tablespoons of full-cream milk powder to 1 litre of full-cream milk. You may add more depending on your taste preferences.

## Fill up with carbs

Carbohydrate foods are a source of energy and can help to keep you going. They are also well tolerated if you are feeling unwell or nauseous.

Try to have at least 2 serves at each meal. 1 serve is equal to:

1 slice wholemeal or whole grain bread



1 fruit



$\frac{2}{3}$  cup breakfast cereal



3 crackers



$\frac{1}{2}$  bagel or roll



$\frac{1}{2}$  cup cooked pasta



$\frac{1}{2}$  cup cooked rice



1 small potato



30g dried fruit



## Fuel with fat

Fat contains more calories per gram than carbohydrates or protein and provides essential fatty acids. Eating more fatty foods is a great way to increase the amount of calories you eat.

Try to eat 1-2 serves at each meal. 1 serve is equal to:

40g nuts



1 tbsp peanut butter



1 tsp olive or seed oil



$\frac{1}{4}$  avocado



1 cup full cream milk



1 slice full fat cheese



1 tsp butter



$\frac{1}{2}$  cup pure cream



1 cup olives



### What should I do if I need to watch my cholesterol?

- Use olive or sunflower oil in cooking instead of butter and other animal fats
- Use peanut butter, avocado and hummus as a spread
- Snack on nuts and dried fruit
- Use skim milk powder to enrich your milk
- Eat less processed meats and swap for lean meat or fish

### What happens if I continue to lose weight?

Your health professional may want to supplement your diet with a specially formulated meal replacement to help you increase your calories and protein. These are available at your pharmacy. Speak to your doctor or dietitian about which one is right for you.

### Health professional notes

These resources are not meant to replace dietary advice provided by your doctor or dietitian. Please consult with your doctor or dietitian before making changes to your diet or physical activity routine.