

## High energy and high protein foods.

Maintaining our weight, particularly our muscle stores, helps us stay strong and recover faster. Eating enough energy (kilojoules or calories) and protein helps us do this.

### High protein foods

Include at least one of these foods at every meal:



Meat



Chicken



Fish



Eggs



Cheese



Yoghurt



Legumes  
(e.g. beans  
and lentils)



Nuts and  
seeds



Tofu and  
other meat  
alternatives

### High energy foods

Add these foods to your meals and snacks:



Cheese



Nuts and  
nut butters



Avocado



Oil or oil-based  
dressing



Cream, sour cream  
and crème fraiche



Cakes, pastries  
and biscuits



Chips, crackers and  
savory snacks

### Supplement powders

Supplement powders or drinks (like Ensure and Sustagen) contain a lot of energy and protein in a small volume. Sometimes they are easier to manage than food, or can be added to soups, smoothies and sauces. Milk powder is a cheap way to add a little boost of fat and protein to these kinds of foods too.

