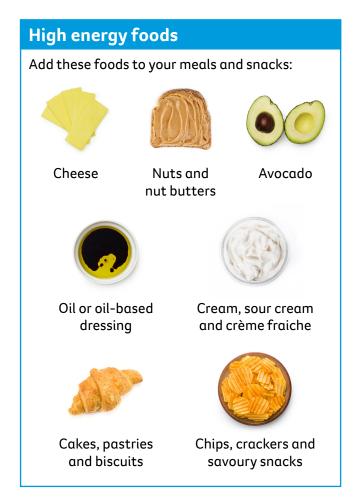


## High energy and high protein foods.

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.





## **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.

