

Enriching with Protein and Energy

To increase energy and protein intake, the recommended rule to follow is 'little and often': three small meals and three snacks per day, equating to eating every 2 to 3 hours, is considered a good approach.

Incorporating enriched milk into a daily diet instead of plain milk is an easy way to increase energy intake. To make enriched milk, combine:

- 100g of skimmed milk powder
- 500ml full cream milk

There are many other ideas for increasing protein and calorie intake throughout the day. Here are a range of suggestions.

Breakfast

- Incorporate enriched milk wherever possible
- Add yoghurt (full fat or Greek) to cereals
- Make porridge with milk instead of water
- With baked goods, spread margarine or butter medium-thick
- Add sliced meats or cheeses to toast or bread
- Use condiments such as marmalade, jam, honey, mayonnaise, relish or cream cheese where possible

Fruit and vegetables

- When cooking, add oil, margarine or butter, mayonnaise or a white, cheese or parsley sauce
- Add olive oil, margarine, butter or grated cheese to potatoes
- Add custard, rice pudding, ice cream, yoghurt or cream to fruit
- When making fruit smoothies, use full fat yoghurt, enriched milk or ice cream

Soups and sauces

- Add milk powder, minced meat or cream

Spreads

- Where possible, use butter spread medium to thick
- If concerned about cholesterol, use spreads high in mono and polyunsaturated fats in place of butter
- Corn, canola, sunflower and olive oils are also low-saturated fat options when cooking



Drinks

A minimum 6 cups per day recommended

- Milk or fruit juice at mealtimes instead of water, tea or coffee
- Use enriched milk for milk drinks – if needed, add milk flavouring powders or ice cream
- Use Sustagen, Milo and other supplement drinks
- Add flavoured drink powders, ice cream
- See recipe ideas on the next page.

Visit futurethinking.abilitycentre.com.au for more information.

Enriching with Protein and Energy cont.

Recipe ideas for high energy milkshakes or smoothies

Any shake not being consumed after making should be refrigerated and consumed within 24 hours.

High Energy Milkshake

1 cup (200 ml) contains approximately:

960 kJ (230 Cal)
16g protein
8g fat
550mg calcium

Ingredients	1 Serve (200ml)	5 Serves (1L)
Enriched milk*	200 ml	1 L
Ice cream topping	to flavour	to flavour

Method

1. Measure ingredients
2. Blend milk and topping together until mixed
3. To thicken with Guarcol, use a blender
4. Stand 10 mins before serving

* To make enriched milk mix 1/4 cup skim milk powder and 200ml of full cream milk.

Fruit Smoothie

1 cup (200 ml) contains approximately:

1040 kJ (250 Cal)
13g protein
6g fat
450mg calcium

Ingredients	1 Serve (200ml)	5 Serves (1L)
Instant Skim Milk Powder	¼cup (35g)	1 ¼cups (175g)
Full cream milk	100ml	500 ml
Vanilla ice cream	1 small scoop (20g)	100g
Puree fruit - vary flavour daily*	¼cup (130g)	2 ¼cups (650g)

Method

1. Measure ingredients
2. Blend milk and topping together until mixed
3. To thicken with Guarcol, use a blender
4. Stand 10 mins before serving

*Experiment with different varieties of canned or pureed fresh fruit.

TwoCal Shake

Makes two serves

One serve contains approximately:

1875kJ (446kcal)
18.4g protein

Ingredients	2 Serves
Full cream milk	1 cup
TwoCal	1 can
Ice-cream	1 scoop
Sustagen powder	30g
Nesquick	4 level tablespoons

Method

1. Measure ingredients
2. Blend all ingredients until smooth
3. Makes two servings