

# **High Protein Diet**

## **As advised by your dietitian**

**Dietetics**  
**Patient Information Leaflet**

**If you have any questions  
about this leaflet:**

**Email:**

**[bfwh.askadietitian@nhs.net](mailto:bfwh.askadietitian@nhs.net)**

**Telephone:**

**Acute dietitians 01253 956777**

**Community dietitians 01253 957871**

## **Who is this booklet for?**

This booklet is for anyone needing to increase their protein intake without significantly increasing their overall energy intake. You may need to increase your protein intake if you are unwell or injured, or if you have any wounds.

## **Why is protein important?**

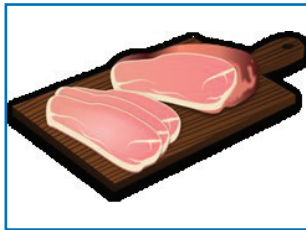
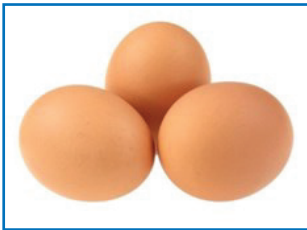
Proteins are the 'building blocks' of the body. They help with growth and repair i.e. making new cells such as blood cells or hormones and repairing old cells. Protein can also provide a source of energy for the body.

## **How much protein?**

Requirements can depend on overall health and on a person's weight. Most healthy adults need 0.8-1 grams (g) of protein per kilogram (kg) of body weight. A 60kg adult would therefore need 48-60g per day. In people who are unwell, recovering from an operation, or who have a bad wound, requirements may be closer to 1.5g per kg. This means a 60kg adult may require 90g of protein per day.

# Which foods contain protein?

- Meat and poultry
- Fish
- Eggs
- Dairy (choose lower fat varieties)
- Beans and legumes
- Nuts
- Seeds
- Soya products
- Quorn



## How can I increase my protein intake?

- Use milk in cooking e.g. in sauces or in porridge
- Have milky drinks rather than water e.g. a glass of low fat milk
- Include a portion of protein at every meal
- Eat the protein on your plate before the rest of your meal
- Choose high protein snacks e.g. nuts, low fat yoghurt
- Add beans or lentils to soups and casseroles
- Try roasted nuts and seeds on salads
- Use yoghurt or milk-based sauces and dressings
- Add some low fat cheese in soups, salads, potato dishes, eggs, sandwiches and on toast

## What is a serving?

Serving sizes for illustrative purposes and not a limit

Food	Average serving size	Protein (grams)
Chicken breast	1 chicken breast = 130g	42
Lamb	Medium serving = 90g	25
Beef mince	Medium serving = 140g	35
Pork sausage	2 chipolatas = 40g	6
Back bacon	2 rashers = 50g	12
Ham	1 average slice = 23g	4
Cod	1 medium fillet = 120g	29
Salmon	1 average steak = 100g	25
Tinned tuna	1 small can = 100g	25
Tofu	100g	8
Quorn/ Soya	100g	14
Dried lentils	2 tablespoons (cooked) = 80g	6
Baked beans	1 small can = 150g	8
Peanuts	10 nuts = 13g	3
Egg	2 eggs = 100g	13
Cheddar	Small matchbox size = 30g	8
Soya Milk	200ml glass	5
Cow's Milk	200ml glass	7

Name:	
DOB:	
NHS no:	

Your dietitian has recommended that your daily protein requirements are:

_____ grams per day
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Achieved by:


Name/designation:	
Date:	
Signature:	

If you need further help or advice, please contact your GP.



# Useful contact details

## Website:

[www.bfwh.nhs.uk/our-services/community-services/community-nutrition-and-dietetics/](http://www.bfwh.nhs.uk/our-services/community-services/community-nutrition-and-dietetics/)

[www.bfwh.nhs.uk/our-services/hospital-services/acute-nutrition-and-dietetics-team-adult/](http://www.bfwh.nhs.uk/our-services/hospital-services/acute-nutrition-and-dietetics-team-adult/)

Hospital Switchboard: **01253 300000**

## Patient Relations Department

The Patient Relations Department offers impartial advice and deals with any concerns or complaints the Trust receives. You can contact them via tel: **01253 955588** or by email: [bfwh.patientrelations@nhs.net](mailto:bfwh.patientrelations@nhs.net)

You can also write to us at: **Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR**

Further information is available on our website: [www.bfwh.nhs.uk](http://www.bfwh.nhs.uk)

## References

Details of the references used in writing this leaflet are available on request from: **Procedural Document and Leaflet Coordinator 01253 953397** or [bfwh.trustpolicyteam@nhs.net](mailto:bfwh.trustpolicyteam@nhs.net)

### Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 955520**



Our Four Values:

