

## Protein – high

This document is part of the [ACI Diet Specifications for Adult inpatients](#). It is not to be used for patient education.

### Aim

To provide a diet containing at least 105g protein per day (i.e. ~120% of the full diet).

### Characteristics

Full diet plus addition of extra high protein or protein-fortified foods and supplements. Often combined with a high-energy diet.

Mid meals should contain at least 10g protein.

Meal	Examples
AM	Half sandwich + flavoured milk + extras as desired
PM	Cheese and biscuits + flavoured milk + extras as desired
Supper	Portion-control liquid nutritional supplement + extras as desired

Milk-based desserts should be available at both lunch and dinner.

### Where appropriate, clinicians may consider ordering this diet for patients with:

- unintentional weight loss or inadequate food intake
- protein energy malnutrition
- high protein requirements (e.g. liver disease, burns)

This diet could be combined with the low energy diet for people with higher protein requirements but low energy requirements.

### Nutritional adequacy

Nutritionally adequate.

### Precautions

Dietitians may need to order high-protein supplements.

### Paediatrics

Not suitable for use in paediatrics. Refer to the Therapeutic Diet Specifications for Paediatric inpatients: Protein - High Paediatric.

## Specific menu planning guidelines

	Allowed	Not allowed
Hot main dishes	All	
Sauces, gravies	All	
Starchy vegetables / pasta / rice	All High-protein mashed potato	
Vegetables	All	
Soups	Offer a Band 1 soup at each meal	Clear soups
Sandwiches	One Band 1 sandwich offered at least twice per day	
Salads, dressings	Salads with at least 10g protein per serve	
Breads, cereals	All	
Spreads	All	
Hot breakfast choices	All Preference for protein containing foods (e.g. eggs, baked beans, yoghurt, cheese, sausages, bacon)	
Fruit	All fruit	
Yoghurt	All yoghurts	
Desserts	Band 1 or 2 desserts should be offered at lunch and dinner	
Milk and cheese	All	
Beverages	All Offer milk with all main meals and mid meals	
Biscuits	All	
Miscellaneous	High protein nutritional supplements, snacks, milks and beverages to be available Sugar, salt, pepper, nuts and seeds, sweetener, cream, herbs and spices Chocolate, lollies	

## References

1. Dietitians Association of Australia. *Nutrition manual*. 9th ed. Canberra: DAA; 2014.
2. Agency for Clinical Innovation. *Nutrition Standards for adult inpatients in NSW hospitals*. Sydney: ACI; 2011. Available at [www.aci.health.nsw.gov.au](http://www.aci.health.nsw.gov.au)
3. Maher AK, editor; Iowa Dietetic Association. *Simplified diet manual*. 10th ed. Ames: Blackwell; 2007.

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