



**Northumbria Healthcare**  
NHS Foundation Trust

# High Protein Diet Sheet

Issued by Northumbria Healthcare NHS Foundation Trust

## Why is it important for me to increase the protein in my diet?

Proteins are the building blocks of the body. Your body uses protein to make new cells and to replace damaged or old cells. Therefore, protein is an important building block of bones, muscles, skin and blood. When you have a wound healing or you are unwell your body needs more protein. It is therefore essential, while you are an inpatient, to eat enough protein to help you get better or fight your infection. The tips and information in this diet sheet will show you which foods are high in protein.

**Note:** If you are not sure whether some of the suggestions in this leaflet are right for you, please contact your dietitian to discuss other options or for advice.

### High protein sources

- Meat
- Fish
- Chicken
- Cheese
- Milk
- Eggs
- Yoghurt
- Pulses
- Nuts
- Soya and Soya products (e.g. tofu)
- Quorn® products

If you are vegetarian or vegan it is important to choose alternatives to meat and fish. Foods such as soya, tofu, pulses, beans and nuts are good alternatives. If you are consuming dairy products you can choose foods such as yoghurt, eggs, cheese and milk.

## How can I include more protein in my diet?

- Try to drink some milk with every meal
- Choose high protein snacks during the day (e.g. yoghurt, nuts, humus, cheese)
- Include protein rich foods in all of your meals (e.g. meat, fish, eggs, pulses, beans)
- If you think you might not finish your full meal then try to ensure you've eaten the protein part first (e.g. meat, fish, eggs, dairy)
- Substitute water or juice drinks with milk or milky drinks
- If you are vegetarian always include a meat alternative (e.g. tofu, soya, Quorn®, eggs, beans, pulses)
- Add extra beans or lentils to your meals
- Use beans or lentils to soups
- Use yoghurt or cream-based sauces

## Try to increase your protein intake whilst in the hospital using the list below:

- Have a glass of milk with your lunch and dinner
- Have rice pudding or custard after your main meals
- Choose regular snacks such as cheese and crackers, a cheese scone or a yoghurt
- Add yoghurt and milk to cereal
- Ask for grated cheese for your meals and add it to soups, mashed potato, vegetables, baked potatoes

## What should I eat for breakfast in the hospital?

- Choose an English breakfast as this will have higher protein
- Choose a yoghurt
- Try eating cereal with milk and yoghurt

## What should I eat for lunch and dinner in the hospital?

Always have a meal with a rich source of protein such as meat, fish, eggs, pulses or beans. Try to focus on finishing the protein part of the meals. Examples from the menu:

- Salmon fillet in provencal sauce
- Chicken korma
- Fish pie
- Lamb casserole
- Quorn tikka masala
- Potato, cheese and leek

## What should I eat for snacks in the hospital?

- Cheese & crackers
- Yoghurts
- Small pot of custard
- Small pot of rice pudding
- Cheese scone

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## **Alternative Formats**

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118.

## **Other sources of information**

### **NHS 111**

### **NHS Choices**

[www.nhs.uk/pages/homepage.aspx](http://www.nhs.uk/pages/homepage.aspx)

### **NICE (National Institute for Health and Clinical Excellence)**

[www.nice.org.uk](http://www.nice.org.uk)

### **Patient Advice and Liaison Service (PALS)**

Freephone: 0800 032 0202

Text: 07815 500015

Email: [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### **Northumbria Healthcare NHS Foundation Trust**

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