

## Lean meat, chicken, fish, eggs, tofu, nuts, seeds & legumes

**Avoid dry and firm choices**

**Make moist with sauces and gravies\***

baked beans	fish	lean meat (diced or minced)	peanut butter	tuna (canned)
chicken (diced or minced)	ham (shaved)	lentils	salmon (canned)	turkey (shaved)
chickpeas	hummus	<b>Nourishing protein drinks</b> (see list)	soft tofu	<b>VLED products</b> (see list)
eggs (avoid fried)	kidney beans	mixed nuts (unsalted)		

\* To hit your daily protein target use the **Enriching protein powder** list to choose a high quality protein powder  
Protein powders can be dissolved into soups, smoothies, wet dishes and hydrating fluids to increase their protein content

## Dairy foods

**Limit choices**

cheese mornay (no pasta)	lactose free milk (lite)	low fat yoghurt	mousse (low fat)
cottage cheese	light & creamy evaporated skim milk	low fat milk (lite or skim)	smooth ricotta cheese
high protein milk	low fat cheddar cheese	milky coffee	skim milk powder

## Fruit, vegetables & legumes

**Small servings for added fibre**

hard fruits (peeled and diced)	pureed fruit (all types)	soft fruit (all types)	vegetables (diced and cooked)
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## Grain (cereal) foods

**Combine these high fibre options with a high protein choice (eg high protein milk)**

all bran original	Be Natural wholegrain mini bites	guardian	steel cut oats
all bran wheat flakes	crackers (wholegrain)	light n tasty	sultana bran
Australian bush foods	creamed rice	natural bircher muesli (untoasted)	weet-bix
Be Natural 5 wholegrain flakes	crispbreads (wholegrain)	quick oats	
Benefibre*	pysllium husk (2 teaspoons once a day)*		

\* Use one of these fibre sources daily to prevent constipation once you are drinking 1200ml (or more) of hydrating fluids

## Herbs, spices and condiments

All types of herbs, spices, and condiments can be used to add flavour to cooked dishes

## 'Easy to swallow' multivitamin that contains

**Daily**

iron (18 – 60 mg)	thiamine (12 mg or more)	vitamin B12 (100 mcg or more)	zinc (8 – 22)*
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\* Warning: 40 mg (or more) of zinc can be toxic & for every 1 mg of copper have 8 – 15 mg of zinc

## Hydrating fluids (no fizz)

**Sip, sip, sip all day and avoid feeling thirsty**

bone broth (10 g protein per serve)	tea (all types)	miso soup	sugar free cordial
coffee	low sugar sports drinks (100 kj or less per serve)	protein water	tap water

## Enlighten Nutrition's nutritious & delicious recipes

**Eat slowly over 20 – 30 minutes**

beef and barley stew	easy fish pie	mango lassi	Spanish chicken (diced)
beef and prune tagine (diced)	high protein mashed potato	Mexican taco soup	tasty lamb meatballs
blueberry and lime smoothie	lentil dahl	pea and mint soup	