



MAKING EVERY BITE COUNT

Challenges to good nutrition are not solely related to ill health and frailty. Aging adversely impacts the senses of taste and smell and can be responsible for poor appetite and issues with chewing and swallowing. Coupled with an increased need for certain nutrients, including protein, this means making every bite count is essential.

'Nourish' your own recipes & use the quick reference guide for pantry staples below to boost protein and energy.

FORTIFY WITH PANTRY STAPLES

INGREDIENTS**	PROTEIN* g	ENERGY* kJ (kCal)
Cheddar Cheese (grated) 30g (1/4 cup)	7	500 (119)
Egg 44g (regular)	6	235 (56)
Chicken mince, cooked 16g (1tbsp)	4	121 (29)
Beans, cannellini (canned or cooked, drained) 65g (1/4cup)	4	258 (62)
Leg ham 20g (1tbsp)	3	93 (22)
Beef mince, cooked 12g (1tbsp)	3	112 (27)
NESTLÉ SUNSHINE Milk powder, full cream 10g (1tbsp)	3	224 (54)
Skim milk powder 10g (1tbsp)	4	158 (38)
Custard (regular) 70g (1/4 cup)	2	274 (66)
Lentils (canned or cooked, drained) 30g (2tbsp)	2	114 (27)
CARNATION Creamy Evaporated milk 45ml (1tbsp)	3	257 (61)
Ice cream (regular) 45g (small scoop)	2	347 (83)
Milk (full cream) 40ml (2tbsp)	1	116 (28)

*Source: FoodWorks 10 Version 10.0.4266

** Weight and household measure equivalents are approximate.