

# Boosting your protein intake



If you struggle to eat full meals or are reliant on snack foods to meet your nutritional requirements, you may not be getting enough protein. This may also be the case if you have pressure injuries or wounds that are slow to heal. You may find that taking an A-Z multivitamin and mineral helps with the healing process.

Small handful of nuts	Boiled eggs	High protein soups	High protein cereal bars
Hummus with vegetable sticks	High protein yoghurts and puddings	Nut and seed mix on top of yoghurt	Slices of apple spread with nut butter

**Some of these items may need to be refrigerated**

These items may not be suitable if you require a modified consistency diet; please check with your Speech and Language Therapist for clarification.

For more information and food options to boost your protein intake, scan the QR code!

