

You may get this leaflet if you have been advised to follow a high protein diet, for example if you are physically active or have muscle wastage, burns, an injury or a wound. You can find these high protein options in most supermarkets. If the product is labelled as 'generic', there are various supermarket own brands available. If you need a lower calorie or energy-dense diet, ask your dietitian for the best options.

If you have kidney disease or have been advised to limit your protein intake, please consult your dietitian or doctor before following a high protein diet.

Yoghurts: (nutrition per pot/bottle unless otherwise stated, e.g. per 100g/ml). Products are suitable for vegetarians. Vegan products highlighted with a vegan symbol.

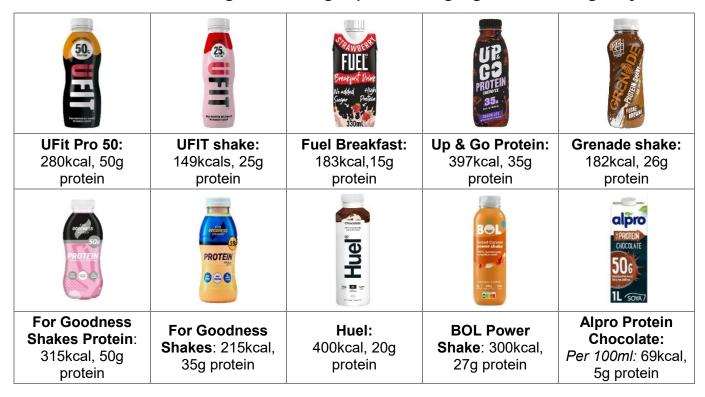


Milkshakes: (nutrition per bottle unless otherwise stated e.g. per 100ml)

Products are suitable for vegetarians. Vegan products highlighted with a vegan symbol.

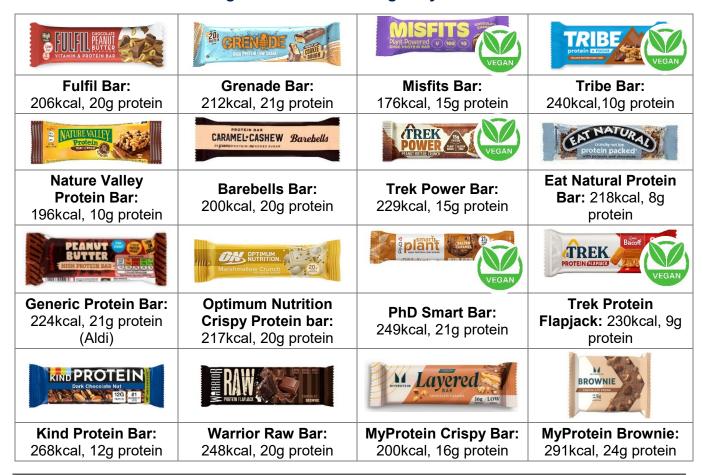


# Milkshakes (continued): (nutrition per bottle unless otherwise stated e.g. per 100ml) Products are suitable for vegetarians. Vegan products highlighted with a vegan symbol.



Sweet snacks: (nutrition listed per bar/packet/pot).

Products are suitable for vegetarians unless a vegan symbol is shown.



### Sweet snacks (continued): (nutrition listed per bar/packet/pot).

#### Products are suitable for vegetarians unless a vegan symbol is shown.



Fuel Porridge: 260kcal, 13g protein



Generic Granola Yogurt: 193kcal, 22g protein (Aldi)



Fuel granola Yogurt: 265kcal, 22.3g protein



Muller Rice Protein: 182kcal, 13g protein



Bounce Protein Balls: 157kcal, 8g protein



Lindahls Protein Pudding: 106kcal, 14g protein



Generic Protein
Pudding:
159kcal, 20g
protein (Aldi)



GetPro Pudding: 137kcal, 18g protein



Generic Protein Mousse: 153kcal, 20g protein (Aldi)



Isey Skyr Dessert: 107kcal, 17g protein

### Savoury snacks: (nutrition listed per bar/packet/pot).

#### Some items contain animal products unless a vegan or vegetarian symbol is shown.



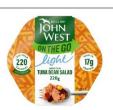
Boiled Egg Pot: 121kcal, 11g protein (Tesco 90g)



John West Tuna Infusions: 164kcal, 19g protein



Cooked King Prawns: 184kcal, 24g protein (Aldi 150g)



John West Tuna Bean Salad: 218kcal, 17g protein



Tuna sandwich filler: 367kcal, 21g protein (Aldi 220g)



Ember Biltong: 110kcal, 23g protein



Fridge Raiders: 146kcal, 14g protein



Peperami Jerky: 166kcal, 14g protein



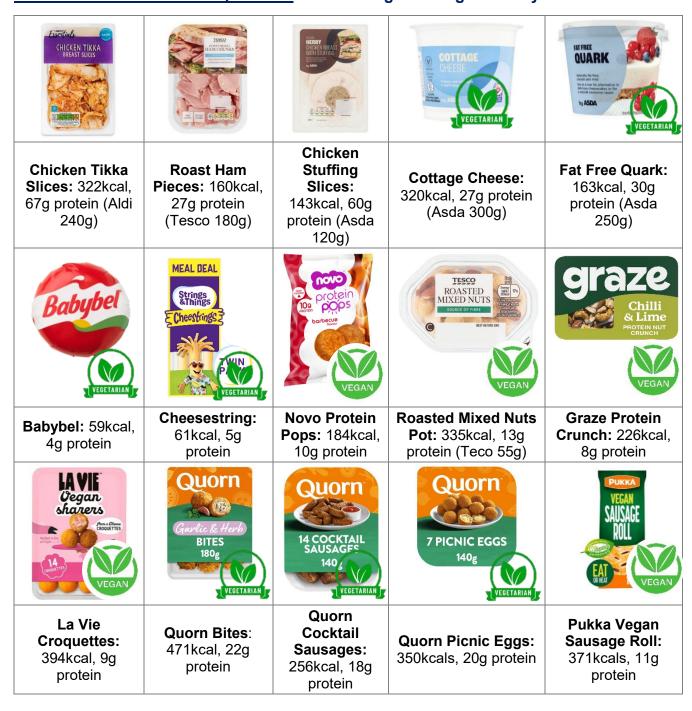
Peperami Chicken Bites: 84kcal, 8g protein



Chicken Satay: 220kcal, 18g protein (Aldi 300g)

## Savoury snacks (continued): (nutrition listed per bar/packet/pot).

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#### Products accurate as of September 2025

ICB Prescribing Support Dietitians, October 2025 (Adopted with permission from Buckinghamshire, Oxfordshire and Berkshire West ICB Prescribing Support Dietitians)