



Vegan Nutrition Support

You have been given this leaflet to help boost your nutritional intake, possibly because you have unintentionally lost weight recently or are struggling to gain weight.

The advice in this leaflet can be confusing, because it is opposite to the healthy eating advice that you hear so much about these days. At the moment though, your priority may be to prevent further weight loss or possibly to gain some weight. If you are continuing to lose weight after following this advice, contact your GP or dietitian.

Aim for: 3 fortified meals, 2 nourishing snacks and 1 pint of fortified milk alternative each day. This is called the *3,2,1 approach* and it will help to increase your energy and protein intake.

Top tip!

Fortify ALL meals with at least one food booster to increase the energy & protein content without increasing the volume.

Food Booster	Portion Size	Calories	Add to..
Soya / Coconut / Oat cream	2 tablespoons (30ml)	37– 66	Mashed potato, puddings, sauces, soups, fruit salad, milk alternative drinks
Vegan Cheese Soft Cheese	Matchbox size (30g)	86	Mashed potato, vegetables, crackers, crumpets, sandwiches, toast, baked beans, soups, pasta, salad, mashed potato
Vegan Spread	1 teaspoon (10g)	80	
Vegetable Oil	1 tablespoon (15ml)	120	
Preferred Nut Butter	1 tablespoon (15g)	100	Crumpets, toast, sandwiches, banana, rice cakes, oat cakes
Vegan chocolate spread	1 tablespoon (15g)	54	
Jam/ Golden Syrup	1 tablespoon (15g)	~45	Crumpets, toast, porridge, rice pudding
Vegan Mayonnaise	1 tablespoon (15g)	98	Sandwiches, salad, vegetables, potatoes

Handy Hints to Improve Your Intake

- If your appetite is better at certain times of the day, try and eat more at these times.
- Keep snacks that are ready to eat close to your chair, bed or in your pocket.
- **Little and often** - Serve smaller portions of your meal on a large dinner plate to prevent feeling overwhelmed, you can always have more.
- Try ready-made meals: they can be cooked quickly and do not take a lot of preparation.
- Cook extra portions of meals in advance and freeze them for use another day.
- **Keep a stock** of ready meal or tinned foods in case you cannot get to the shops.
- Have at least **two nourishing drinks per day**, e.g. 'milky' coffee or hot chocolate (see nourishing drinks ideas above or visit www.iow.nhs.uk/Dietetics/nutrition-support.htm for more nourishing drink recipes).

Choose 2

Having **2 Nourishing snacks** each day between meals, can help prevent weight loss and promote weight gain.

About 100-150 calories

3 Mini vegan sausage rolls
1 Small packet of crisps (25g)
1 Jam tart
2 Bite-sized vegan flapjacks
2 Scoops (90g) soya/coconut/
ice-cream
125g Pot of soya dessert*
125g Pot of coconut / vanilla
rice pudding*

About 200 calories

2 Vegetable spring rolls (80g)*
30g Vegan cheese with 3
crackers
2 Vegan sausages with 1 tbsp.
vegan mayonnaise
½ Avocado on 1 slice of toast
1 Crumpet with vegan spread
& jam
8 Vegetable Fusion Gyoza**
4 Vegan truffle chocolates
150g Full fat coconut yoghurt*

About 300 calories

Pitta bread with 50g houmous*
Sandwich (2 slices of bread,
spread, vegan cheese / mayo /
houmous)**
1 Small bag (50g) peanuts**
¼ 12" Vegan pizza
40g Vegan soft cheese on 2
slices toast**
1 Individual vegan sponge
pudding* with soya custard
Apple slices with almond butter,
raisins, cinnamon & pecans*

*Contains more than 5g protein per portion

** Contains more than 10g protein per
portion N.B. tbsp. = tablespoon

Fortified Milk

Boost the energy in your milk using the recipe below.
Each serving provides ~150kcal and between 3-6g protein.

Ingredients:

- 250ml Alpro® Growing up milk, pea protein milk or barista-style oat milk
- Add 1 tablespoon of oat/ soya /coconut cream

Method:

1. Blend together the milk and cream until frothy.
2. Keep refrigerated for up to 24 hours. Use as normal milk and in the recipes below.

Pro Tip

Try soaking 20g of cashews overnight in water and blending them the next day. Provides a creamy addition to milk and smoothies and adds calories and protein. Try using it to make delicious desserts such as a no-bake cheesecake
Each cashew cream serving = 114kcal & 3.5g protein

Nourishing drinks

Fruit Smoothie

- 1 glass (200ml) fruit juice of choice
- Fresh/frozen fruit of choice
- 1 scoop oat/coconut or soya ice-cream
- 1 teaspoon of agave/golden syrup to taste
- If preferred add 1 scoop of preferred vegan protein powder

Method: use a blender to mix all ingredients together until smooth.

Milkshake

- 1 glass (200ml) fortified milk (recipe above)
- 1 scoop vegan ice-cream or 2 tablespoons vegan cream*
- Milkshake syrup to taste

Method: Whisk all ingredients together until frothy and serve.

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