

Eating Well – Plant-based

A guide to eating well if you follow a plant-based diet

You have been given this leaflet because you may have a poor appetite, or you may have been eating less due to feeling unwell, *and* you follow a plant-based diet.

Please ask for a copy of [Eating Well - A guide to eating well to help you gain or maintain your weight](#) for general ideas on making the most of your food or to help you regain or maintain your weight.

Fortifying your food

You can add extra protein and energy to your food without increasing your portion sizes by fortifying your meals using plant-based products/ ingredients – see the table below for suitable products.

- Breakfast cereal – use fortified plant-based milk (see page 2 for recipe). Add cream, yoghurt, evaporated coconut milk, dried fruit, nuts, seeds, sugar, syrup
- Meals – Add cheese, olive oil or spread to vegetables, put extra cheese on pizza and garlic bread, and fry food in oil/ fat (veggie burgers, Quorn sausages, potatoes)
- Sandwiches - add extra cheese and mayonnaise
- Puddings - add plant-based milk powder and cream to custard and use on desserts such as pies, fruit, or cake. Add ground almonds/ seeds to home baking

Plant-based option	Portion	Kcals	Protein (g)	
Dairy free milk powder	Soy milk powder	20g	90	8
	Oat milk powder	20g	88	1.3
	Coconut milk powder	20g	144	1.4
Dairy free cream	Soya cream	50g	71	1
	Oatly Creamy Oat	50ml	75	<1
	Coconut cream	50ml	110	<1
Oils & spreads	Olive/ rapeseed/ vegetable	12g	108	0
	Dairy free spread	20g	100	0
Dairy free cheese	Hard cheese	30g	81	0
	Soft cheese	30g	72	<1
Nuts & seeds	Ground almonds	20g	125	5
	Peanut/almond/cashew butter	20g	125	5
	Tahini	20g	119	3.4
	Ground seeds (mixed)	20g	114	5
Miscellaneous	Vegan protein powder	30g	110 - 143	22 -24g
	Avocado	35g	67	1
	Vegan mayonnaise	15g	98	<1
Sweet	Sweetened condensed coconut milk	20g	77	<1
	Flavoured syrups	20g	58	0
	Dried fruit	30g	73	<1
	Golden syrup	20g	62	0
	Maple syrup	17g	45	0

Ideas for plant-based snacks

Savoury

- Plant-based sausage rolls/ pasties, quiche, pie, pizza, mixed nuts, vegetable crisps, potato crisps, dip (hummus, guacamole, baba ganoush) with crisps, tortilla chips, pitta bread
- Small amount of baked beans, edamame beans or roasted chickpeas. Potato / sweet potato fries or wedges.
- Avocado slices, olives, calcium-enriched vegan cheese cubes, savoury popcorn

Sweet

- Fortified breakfast cereal (Jordan's Country Crisp, Dorset Simply Muesli, Weetabix, Shreddies) with fortified milk
- Dried fruit/ nut/ seed bars (Nakd, Eat Natural simply vegan bar, Clif Bars, Bounce bars)
- Dessert pots (Gú Plant, Over The Spoon, Wicked Kitchen), soya yoghurt or fromage frais
- Sweet popcorn

Plant-based nourishing drinks

- Check that the milk alternative you are purchasing has added calcium and vitamin D
- Oat milk and sweetened soya milk are higher in calories than other non-dairy milks
- Look for high protein soya milk
- Hot drinks - milky coffee (latte), vegan hot chocolate, vegan malted drinks, chia latte. Heat up chocolate soya milk and add vegan whipped cream and vegan marshmallows to boost your energy intake
- Cold drinks - shakes made from fruit juice, milkshake syrup or powder. Add plant-based protein powder (soy, pea, hemp), seeds, nut butter, avocado, cream, ice-cream, dairy free milk powder to increase protein and energy

Fortified plant-based milk

- Mix 350ml soya milk and 250ml soya/oat/coconut cream
- Provides 300kcal and 14g protein per 600ml (350kcal and 20g protein if made with high protein soya milk)

Recipes

Add all ingredients to a blender and blend until smooth (* per portion)

Fresh strawberry shake (*348kcal and 5.5g protein)

80mls tinned coconut milk	1 scoop of vegan vanilla ice cream
80mls soya strawberry yoghurt	4 small strawberries

Oreo thick shake (*432kcal and 7.7g protein)

90mls of plant-based fortified milk	3 Oreo® cookies
2 scoops of vegan vanilla ice cream	

Chocolate peanut butter shake (*401kcal and 16g protein)

150mls fortified soya milk	½ tablespoon golden syrup	3 dates
1-2 teaspoons cocoa powder	30g (1 ½ tablespoons) smooth peanut butter	

Coffee shake (*340kcal and 14g protein)

150mls fortified soya milk	30g smooth peanut butter	3 dates
½ tablespoon golden syrup	2 level teaspoons coffee granules	

Acknowledgement for recipes: Community Dietitians, West Suffolk Hospital NHS Foundation Trust