

Food First

Eat and drink your way to better health

Dairy free

Dairy free food boosters

If you have a poor appetite or have lost weight you may find the following ideas helpful to increase your energy intake. These are dairy-free ingredients that you can add to meals, snacks and drinks to boost their nutritional content and help you gain weight.

This list is not exhaustive but will provide you with ideas for increasing the calorie content of your food using dairy free food boosters.

| Food | Portion | Calories |
|-------------------------|--------------|----------|
| Jam | 1 tablespoon | 40 |
| Honey | 1 tablespoon | 45 |
| Golden syrup | 1 tablespoon | 50 |
| Soya cream | 1 tablespoon | 26 |
| Soya milk | 100ml | 40 |
| Dairy free vegan cheese | 30g | 85 |
| Baked beans | 100g | 84 |
| Chick peas | 100g | 115 |
| Lentils | 100g | 105 |

Dairy free snacks

Aim to have two to three nourishing snacks and drinks between meals each day. These when taken in addition to meals, provide extra energy and protein to help maintain strength and weight.

This list is not exhaustive but will provide you with some ideas for dairy free snacks that you can enjoy between meals.

| Food | Portion | Calories |
|----------------------------------|-------------------|----------|
| Peanuts | 20g (handful) | 120 |
| Cashew nuts | A handful | 170 |
| Crisps (dairy free) | 38g (1 pack) | 200 |
| Dairy free granola and honey bar | Per pack (2 bars) | 192 |
| Boiled egg | 1 x medium egg | 88 |
| Dried fruit | 22g (handful) | 100 |
| Fresh fruit | 1 portion | 60 – 120 |
| Soya custard | 100g | 72 |
| Soya yoghurt | 100g | 50 - 74 |

Food First

Eat and drink your way to better health

Try These Dairy Free Nourishing Drinks

If you need increase the calories or protein in your diet, nourishing drinks can really help. These are different to drinks like tea and coffee and squash because they can contain as much energy as a small meal. The recipes listed below are all dairy free which, In addition to balanced meals, may be useful for those who dislike milk, have dairy intolerance or require extra calories to gain weight. Try to have at least two per day.

Dairy free Banana Milkshake

- 200ml Soya milk
- 1 small banana mashed*
- 1-2 teaspoons of sugar
(or honey/ maple syrup/ caramel sauce)
- 60g or 1 scoop dairy free/Soya Ice Cream.

or pieces of fruit/berries, (e.g. 80g)

Approx. 400kcal and 15g protein

Lemon & Lime Sublime

Whisk together:

- 100ml lemonade
- 100ml lime cordial
- 2½ tablespoons of lemon curd
- 2½ tablespoons of icing sugar
- 1 tablespoon of golden syrup

Pour through a strainer to serve.

Approx. 500kcal, 0.3g protein

Fruit boost

- 150ml orange juice
- 50ml pineapple juice
- 1 banana
- 1/2 cup strawberries
- 1/2 cup raspberries

Approx 259 kcals, 3.8g protein

Eton Mess

Blend together:

- 2 meringue nests (approx. 30g)
- 150ml soya milk
- 2½ tablespoons strawberry milkshake powder
- 2½ tablespoons strawberry jam
- 1½ tablespoons icing sugar

A taste of British summertime.

Approx. 520kcal, 7g protein

Iced Coffee Calypso

- 200ml dairy free/soya milk
- 1-2 teaspoons instant coffee powder
- 1 scoop dairy free/soya ice cream
- sugar to taste

Approx. 160kcal and 8g protein

Fruit Smoothie

- 150ml carton fruit juice
- 1 mashed banana
- 3-4 tablespoons of tinned peaches in syrup
- 2 teaspoons of honey/maple syrup or sugar

Approx 260kcal and 2g protein