

## Food Fortification Protocol for Patients at Medium and High Risk of Malnutrition

### Food First for Vegan/ Vegetarian Diet

**Summary:** This document aims to improve the identification of vegetarian and vegan diets and ways to meet nutritional needs through food first approach.

1. **IDENTIFY:** Use the table below to identify what type of diet is followed.

Diet	Allows	Excludes
Demi/ Semi Vegetarian	Poultry (sometimes), fish, eggs, milk and dairy products only	Poultry (sometimes) and red meats
Lacto-ovo-Vegetarian	Eggs, milk and dairy products only	All meat, poultry and fish
Lacto Vegetarian	Lactofree dairy products only	Eggs and animal by products e.g gelatine, lard
Vegan	Plant derived foods only	All animal derived foods including honey

2. **REPLACE:** Recommend an alternative source of protein, use the table below to suggest options.

Meat Alternatives	Dairy Alternatives
Canned/ Dried pulses: beans, peas, lentils	Plant based milk: soya, oat, almond, coconut, rice, cashew (Oatly)
Nuts: almond, brazil, cashew, hazelnut, peanuts or nut butters	Plant based yogurt: various flavours (Alpro), also lacto free
Seeds: sesame, sunflower, pumpkin, tahini	Plant based cheese various types (Violife), also lactofree
Soya products: tofu, tempeh	Milk (if allowed)
Quorn products	Cheese (if allowed)
Eggs and dairy products (if allowed)	Yogurt (if allowed)
Fish or chicken (if allowed)	

Note: There is a wide range of vegan protein powders available over the counter. See examples: Pea protein, Soy protein, Hemp protein, Rice protein etc.

3. **FORTIFY:** Advice to fortify everyday foods without increasing the portion size with the following examples.

Vegan/ Vegetarian Alternatives			
Cheese (e.g. Violife, Vitalite, Sheese): 80-95kcal 1 Matchbox size (30g) on <ul style="list-style-type: none"> <li>• Mashed potato</li> <li>• Soups</li> <li>• Baked beans</li> <li>• Toast</li> <li>• White Sauces</li> </ul>	Spread (e.g. Violife, Nurishh, Oatly): 50-60kcal 2 teaspoon (10g) on <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Vegetables</li> <li>• Thickly on toast/bread</li> <li>• Pasta</li> <li>• Spaghetti</li> <li>• Rice</li> </ul>	Yogurt (e.g. Alpro, Oatly, Nush): 30-70kcal 1 tablespoon (55g) on <ul style="list-style-type: none"> <li>• Breakfast cereals</li> <li>• Milkshakes</li> <li>• Smoothies</li> <li>• Curries</li> <li>• Dahl</li> <li>• Sauces</li> </ul>	Creams (Alpro, Oatly, The coconut collaborative): 22-25kcal 1 tablespoon (15mls) on <ul style="list-style-type: none"> <li>• Mashed potato</li> <li>• Soup</li> <li>• Dahl</li> <li>• Puddings</li> <li>• Coffee, Tea, Hot chocolate</li> </ul>

**Approval date:** March 2022

**Review date:** March 2024 (or sooner if evidence or practice changes)

**Not to be used for commercial or marketing purposes. Strictly for use within the NHS**

## Food Fortification Protocol for Patients at Medium and High Risk of Malnutrition

Regular household items		
Sugar: 25kcal 1 heaped teaspoon (6g) on <ul style="list-style-type: none"> <li>• Breakfast Cereals</li> <li>• Coffee, Tea</li> <li>• Milkshakes</li> <li>• Smoothies</li> <li>• Puddings</li> </ul>	Maple Syrup: 45kcal 1 heaped teaspoon (17g) on <ul style="list-style-type: none"> <li>• Breakfast Cereals</li> <li>• Porridge</li> <li>• Puddings</li> <li>• Drinks</li> </ul>	Jam: 45kcal 1 heaped teaspoon (18g) on <ul style="list-style-type: none"> <li>• Bread</li> <li>• Toast</li> <li>• Porridge</li> <li>• Puddings</li> <li>• Smoothies</li> </ul>
Oil: 135kcal 1 tablespoon (15mls) on <ul style="list-style-type: none"> <li>• Stews</li> <li>• Curries</li> <li>• Dahl</li> <li>• Soups</li> <li>• Roasts</li> <li>• Salads</li> <li>• Fry foods instead on grilling or baking</li> </ul>	Peanut Butter: 92kcal 1 tablespoon (15g) on <ul style="list-style-type: none"> <li>• Bread</li> <li>• Toast</li> <li>• Breakfast Cereal</li> <li>• Porridge</li> <li>• Yogurt</li> <li>• Puddings</li> <li>• Milkshakes</li> <li>• Smoothies</li> </ul>	Pea Protein: 18-20kcal 1 teaspoon (5g) on <b>(Fortified milk)</b> - Add 3-4 teaspoon on 560ml of milk <ul style="list-style-type: none"> <li>• Breakfast Cereals</li> <li>• Sauces</li> <li>• Soups</li> <li>• Drinks</li> <li>• Puddings</li> <li>• Yogurt</li> </ul>

4. TIPS: Recommend ways of increasing food intake using the following.

### Increase food intake

- ✓ Little and often, try smaller meals but frequently throughout the day
- ✓ Treat yourself to your favourite foods
- ✓ Garnish your plate, making your meal look appetizing
- ✓ Opt for full fat, full sugar versions of foods
- ✓ Choose foods with cream or cheese sauces
- ✓ Have fortified meals and nourishing drinks throughout the day

Approval date: March 2022

Review date: March 2024 (or sooner if evidence or practice changes)

**Not to be used for commercial or marketing purposes. Strictly for use within the NHS**