

Plant-based, Vegan and Vegetarian Diets

Food Fortification for patients at medium & high risk of malnutrition

Summary: This document aims to improve the identification of plant-based, vegan and vegetarian diets and ways to meet nutritional needs through a food-first approach.

1. IDENTIFY (use the table below to identify what type of diet is followed)

Diet	Allows	Excludes
Vegan	Plant-derived foods only	All animal products, including honey
Plant-based	Plant-derived foods with few / no animal or fish / seafood products	Largely / completely excludes animal products
Ovo-vegetarian	Eggs	All other animal products
Lacto-vegetarian	Milk, dairy	Eggs, all other animal products
Lacto-ovo-vegetarian	Eggs, milk, dairy	All other animal products
Pescatarian	Fish / seafood, eggs, milk, dairy	All other animal products
Flexitarian	Eggs, milk, dairy and occasional meat / fish / seafood	N/A (limits meat, fish / seafood)

2. REPLACE (recommend an alternative source of protein; see below to suggest options)

Meat alternatives	Dairy alternatives
Canned / dried pulses: Beans, peas, lentils	Plant-based milk: soya, oat, almond, coconut, rice, cashew
Nuts: Almond, brazil, cashew, hazelnut, peanut, nut butters	Plant-based yoghurt: various brands / flavours, also lactose-free
Seeds: Sesame, sunflower, pumpkin, tahini	Plant-based cheese: various brands / types, also lactose-free
Soya products: Tofu, tempeh	Milk (if allowed)
Quorn products	Cheese (if allowed)
Eggs and dairy products (if allowed)	Yoghurt (if allowed)
Fish or chicken (if allowed)	

NB. There are a wide range of vegan protein powders available to buy commercially, e.g. pea / soy / hemp / rice protein

Approval date: August 2024

Review Date: August 2027 (or sooner if evidence or practice changes)

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South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/ Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

3. FORTIFY (advise to fortify everyday foods without increasing the portion size; see below)

Plant-based / vegan / vegetarian alternatives			
“Cheese” 80-95kcal Matchbox size (30g) on: <ul style="list-style-type: none"> Mashed potato Soups Baked beans Toast White sauces 	“Spreads” 50-60kcal 2 tsp* (10g) on: <ul style="list-style-type: none"> Potatoes Vegetables Toast / bread Pasta Spaghetti Rice 	“Yoghurts” 30-70kcal 1 tbsp* (55g) on: <ul style="list-style-type: none"> Breakfast cereals Milkshakes Smoothies Curries Dahl Sauces 	“Creams” 22-25kcal 1 tbsp (15mls) on: <ul style="list-style-type: none"> Mashed potato Soup Dahl Puddings Tea, coffee, hot chocolate

Regular household items		
Sugar (25kcal) 1 heaped tsp* (6g) on: <ul style="list-style-type: none"> Breakfast cereals Milkshakes Smoothies Puddings Tea, coffee 	Maple syrup (45kcal) 1 heaped tsp (17g) on: <ul style="list-style-type: none"> Breakfast cereals Porridge Puddings Drinks 	Jam (45kcal) 1 heaped tsp (18g) on: <ul style="list-style-type: none"> Bread Toast Porridge Puddings Smoothies
Oil (135kcal) 1 tbsp* (15mls) on: <ul style="list-style-type: none"> Stews Curries Dahl Soups Roasts Salads Fry foods instead on grilling or baking 	Peanut butter (92kcal) 1 tbsp (15g) on: <ul style="list-style-type: none"> Bread Toast Breakfast cereals Porridge Yoghurt Puddings Milkshakes Smoothies 	Pea protein (18-20kcal) 1 tsp (5g) in ‘fortified milk’ (add 3-4 tbsp dried milk powder to 1-pint / 560mls whole milk) on: <ul style="list-style-type: none"> Breakfast cereals Sauces Soups Drinks Puddings Yoghurt

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

Increase food intake
<ul style="list-style-type: none"> ✓ Little and often (try smaller meals but frequently throughout the day) ✓ Treat yourself to your favourite foods ✓ Garnish your plate, making your meal look appetising <ul style="list-style-type: none"> ✓ Opt for full-fat, full-sugar versions of food ✓ Choose foods with cream or cheese sauces ✓ Have fortified meals and nourishing drinks throughout the day

* tsp = teaspoon; tbsp = tablespoon

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