

# Plant-based diet - making the most of your food

## Information for patients

We all need to eat a balanced diet for health. When you are unwell and do not feel like eating as much as usual, you may lose weight. It is very important that you continue to have a balanced diet but you also need extra protein and calories to prevent weight loss or regain your weight. This is possible when you are following a plant-based diet and this leaflet will help you do this.

### If you have any questions

Please telephone 01223 639372 and ask to speak to your named dietitian

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### Eating little and often

- Aim to eat three meals per day, even if they are small, with three snacks between meals.
- Aim to have pudding after lunch and dinner e.g. vegan ice cream, rice pudding or custard made with a plant-based milk alternative with plant-based cream on top.
- Have nourishing drinks made with plant-based milk and cream.

### Adding extra calories

- Add plant-based spread and vegan mayonnaise to sandwiches, on potatoes and vegetables.
- Add plant-based creams to puddings and porridge.
- Add jam to porridge.
- Use cooking methods that add fat, such as frying or brush/spray food with oil before baking/grilling.

### Plant-based snack ideas

- Peanut butter and jam on toast
- Handful of peanuts, 6 walnut halves, 2 Brazil nuts
- Plant-based yoghurt with a tablespoon or chia / hemp seeds or linseeds
- Vegan sausage roll / pasty
- Tinned fruit in syrup with plant-based cream
- Hummus and breadsticks
- Handful of dried fruit

### Nourishing drink ideas

- Banana and avocado smoothie made with 1 banana, ½ avocado, 200ml plant-based milk, 2 dates
- Malted drink / cocoa drink made using plant-based milk and cream
- Milky coffee made using plant-based milk
- Chocolate and peanut butter milkshake made with 200ml plant-based milk, 2 tablespoons peanut butter, 1 tablespoon cocoa, 2 tablespoons golden syrup
- A glass of fruit juice

## Have you remembered to include the following today?

### 1. Starchy carbohydrate at each main meal

- Starchy carbohydrates includes rice, pasta, potatoes, bread and cereals.
- Include these with each of your main meals as they are a main source of energy for your body.
- Add extra energy to your starchy carbohydrate by adding vegetable spread or plant-based milk / cream.

### 2. At least two meals containing protein-rich foods

- Nuts, lentils, beans, peas, chickpeas, tofu, mycoprotein (Quorn) and bean curd are all sources of protein.
- Four tablespoons of beans / lentils / vegetable meat alternatives or one tablespoon of nuts is one portion.
- Try and include a protein source with every meal of the day.
- Add quinoa to rice to increase the protein content of the meal.
- Use multiple protein sources in one meal e.g. chickpeas, beans and tofu stir fry with quinoa or lentil and bean shepherd's pie.

### 3. A rich source of omega-3 fat

- Walnuts are a source of omega-3. Six halves would provide your required omega-3 - this could be a snack between meals.
- A tablespoon of golden linseeds / chia seeds or two tablespoons of hemp seeds without shells could be added to cereal or yoghurt to provide your required omega-3.

### 4. At least two portions of calcium rich foods

- Choose plant-based dairy alternatives that have calcium added into them. Oatly Barista and Alpro Soya Growing

Up Drink are examples of milk alternative with a higher calorie content that also have additional calcium added.

- Portion example:
  - 200ml glass of plant-based milk e.g. soya, oat or almond
  - 3 tablespoons plant-based yoghurt e.g. soya or coconut
- Examples of incorporating plant-based dairy alternative:
  - Glass of plant-based milk / hot chocolate before bed
  - Yoghurt and chia seeds / hemp seeds / linseed as a mid-morning or mid-afternoon snack or pudding

### 5. A source of vitamin B12

- B12 is added to some foods like yeast extract, breakfast cereals, plant-based milk and yoghurt. You will need to check the label to see if they are added.
- The most reliable way to include B12 in your diet is through taking a supplement that contains at least 10 micrograms per day or 2000 micrograms once per week.

### 6. A source of selenium

- Two Brazil nuts per day provide enough selenium - have these as a snack or add to breakfast cereal/yoghurt.
- An alternative would be to take a supplement that contains 60 micrograms for women or 75 micrograms daily.

### 7. A source of iodine

- The amount of iodine in foods varies depending on where they were grown. One and a half nori (seaweed sheets) may provide enough iodine.
- It is recommended you take a supplement containing 140 micrograms of iodine rather than dietary sources to ensure you avoid having too little or too much each day.

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