

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

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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