

High protein high energy diet for vegans

A high protein and/or high energy diet is useful when:

- You are underweight
- You are losing weight without trying
- You are unable to eat enough due to poor appetite or nausea
- You have increased energy and protein requirements

High protein foods include:

- Vegan meat alternatives such as soy or mycoprotein (Quorn™) products.
- Legumes (beans and lentils).
- Nuts.
- Vegan protein supplements e.g. *Aminoplex, Earth Protein.*

High energy foods include:

- Salad dressings, oils.
- Avocado.
- Non-dairy spread, nut butters.
- Juice, dairy free chocolate, soy, almond or coconut ice-cream.

Dietitian: _____
Phone number: _____

Eating to increase or maintain your weight

- ✓ Eat more often if you can't eat a lot. Aim for 6 smaller meals rather than 3 large meals a day.
- ✓ Keep your favourite foods in the cupboard or fridge.
- ✓ Keep ready-to-eat meals and snacks handy for times when you don't feel like preparing food (e.g. frozen meals, soy yoghurt, nuts, soy cheese, biscuits and dips).
- ✓ Drink fluids that provide energy such as soy milk, juice or smoothies instead of just tea, coffee or water.
- ✓ As you start to improve and your activity level increases, you may need to increase your food intake as well.
- ✓ Keep a record of your weight to check if these changes are working.

Date	Weight
Goal Weight	

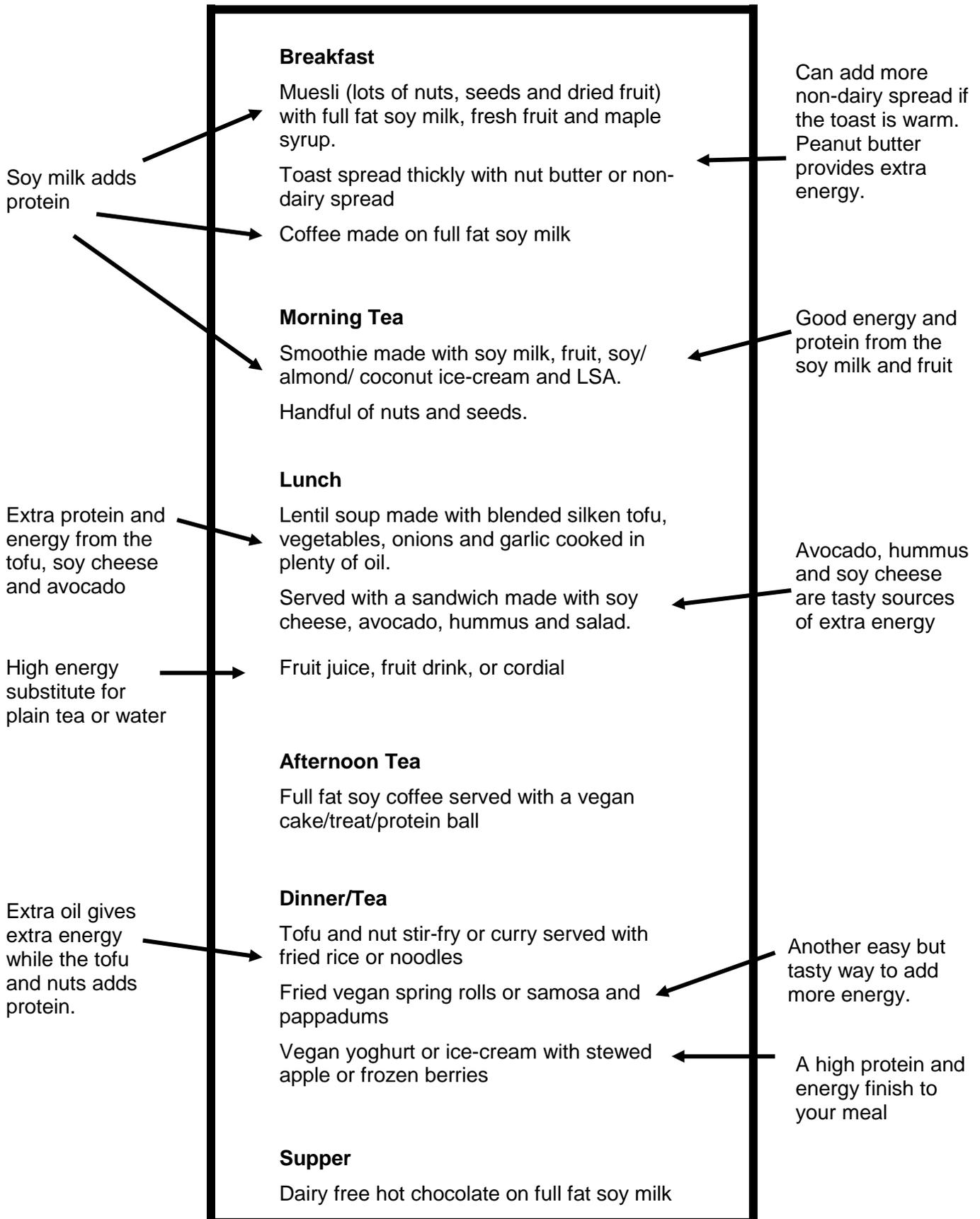
Sometimes you may not feel like eating much, but to keep healthy it's important to eat foods from all of the food groups. Each day aim to eat the following from each food group:

MEAT ALTERNATIVES	SUGGESTIONS FOR USE
<p>Soybeans, tofu, tempeh, quorn™, nuts, baked beans, lentils, kidney beans, black beans, chickpeas</p> <p>Aim for 2-3 (or more) serves/day. 1 serve = 170g tofu or quorn™ mince = 30g nuts, seeds, tahini or other nut butter/paste = 1 cup cooked/canned legumes/beans e.g. lentils, chickpeas</p>	<p>These are great energy and high protein suggestions:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Add legumes to salads, casseroles, soups <input type="checkbox"/> Add blended silken tofu to soups <input type="checkbox"/> Marinate and fry tofu in oil <input type="checkbox"/> Add nuts to salads, stir-fries, curries, desserts and cereals, or eat as a snack <input type="checkbox"/> Add nut butter to lentil/chickpea patties and fry in oil <input type="checkbox"/> Fry falafel balls & serve with hommus <input type="checkbox"/> Try baked beans as an easy meal and top with soy cheese <input type="checkbox"/> Use LSA (ground linseed, sunflower and almonds) to sprinkle on cereal.
DAIRY ALTERNATIVES	SUGGESTIONS FOR USE
<p>Soy milk, soy yoghurt, vegan 'cheese'</p> <p>Aim for 2½ (or more) serves/day. (Women over 50 years: 4 serves) 1 serve = 40g (2 slices) soy cheese = 1 small soy yoghurt (200g) = 1 cup (250mL) soy milk</p> <p><i>Avoid using almond or rice milk in place of soy milk. These are much lower in protein and energy. Oat milks usually have more protein and energy than almond or rice milks. Aim for 100mg of calcium per 100ml.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Make porridge, soups, desserts & drinks with soy milk instead of water <input type="checkbox"/> Add vegan cheese (eg. Tofutti, Sheese, Cheezly) to pasta, pizza, vegetables and sauces <input type="checkbox"/> Add soy yoghurt to drinks, desserts, fruit and serve with curries. <input type="checkbox"/> Make milkshakes with ingredients such as full fat soy milk, vegan ice-cream, soy yoghurt, vegan protein powders and fruit/carob/cocoa powder/LSA

BREAD, CEREALS AND GRAINS	SUGGESTIONS FOR USE
<p>All types of bread, biscuits, breakfast cereals, rolled oats, rice, grains, pasta and flours.</p> <p>Aim for 6 serves/day (70+ years: 3-4 serves)</p> <p>1 serve</p> <ul style="list-style-type: none"> = 1 slice bread or ½ med. bread roll = ½ cup porridge = ⅔ cup breakfast cereal = ¼ cup muesli = ½ cup cooked rice/ pasta/ noodles = 3 plain crackers/ crisp breads 	<p>Breads are a great source of energy.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat raisin or fruit toast with a thick layer of non-dairy spread as a snack <input type="checkbox"/> Add non-dairy spread or oil to bread, pasta, quinoa or rice <input type="checkbox"/> Serve meals with quinoa (it is a much better source of protein than rice) <input type="checkbox"/> Add syrup, nuts, seeds and dried fruit to breakfast cereal or porridge <input type="checkbox"/> Spread avocado thickly on bread <input type="checkbox"/> Try nut butter (peanut, cashew, almond etc.), hummus or tahini on bread, crackers and plain biscuits <input type="checkbox"/> Use non-dairy spread on both sides of a toasted sandwich <input type="checkbox"/> Consider tinned spaghetti as a snack
VEGETABLES	SUGGESTIONS FOR USE
<p>Vegetables - raw, cooked, mashed, pureed or vegetable juice.</p> <p>Aim for 5 or more serves/day</p> <p>1 serve = ½ cup cooked vegetables</p> <ul style="list-style-type: none"> = 1 cup raw vegetables (salad) = ½ cup sweet corn = ½ medium potato 	<ul style="list-style-type: none"> <input type="checkbox"/> Add soy milk and non-dairy spread to mashed vegetables <input type="checkbox"/> Top vegetables with a vegan cheese sauce with added vegan protein powder <input type="checkbox"/> Use oil-based dressings on salads <input type="checkbox"/> Add avocado, nuts, seeds and soy cheese to salads <input type="checkbox"/> Make creamy vegetable soup with soy milk or blended silken tofu

FRUIT	SUGGESTIONS FOR USE
<p><i>Fruit - raw, cooked, tinned, stewed, mashed, pureed, dried fruit, fruit juice.</i></p> <p>Aim for 2 serves/day</p> <p>1 serve = 1 piece of medium-sized fruit = 2 pieces of small-sized fruit = 1 cup tinned/cooked fruit = 1½ tablespoons dried fruit = ½ cup (125mL) fruit juice</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Use dried fruit as a snack with nuts <input type="checkbox"/> Have fruit with soy yoghurt or ice-cream <input type="checkbox"/> Use fruit in soy milkshakes/ smoothies <input type="checkbox"/> Drink fruit juice (rather than just water) for extra energy <input type="checkbox"/> Dip fruit in melted dairy free chocolate
FATS AND OILS	SUGGESTIONS FOR USE
<p><i>Dairy free spread, oil, nut butter, tahini spread, coconut milk and cream, avocado, vegan mayonnaise</i></p> <p>Aim for one or more serves per day</p> <p>1 serve = 1 tablespoon</p> <p><i>Coconut milk, cream and oil are high in saturated fat and current recommendations are to limit excessive amounts. Nut and olive oils have less saturated fat.</i></p>	<p>These are great high energy suggestions.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use extra oil in salads and cooking <input type="checkbox"/> Spread nut butters, hummus, avocado or tahini thickly <input type="checkbox"/> Use non-dairy spread on vegetables, bread, biscuits, rice and pasta <input type="checkbox"/> Use vegan mayonnaise on sandwiches

Sample meal plan



Snack suggestions for a poor appetite

- Fresh or dried fruit, fruit juice
- Nuts and seeds
- Dairy free chocolate covered nuts
- Nut bar
- Soy cheese with biscuits
- Soy ice-cream with fruit
- Crumpets with non-dairy spread and jam or syrup
- Nut butter with biscuits or bread
- Full fat soy milk or smoothie
- Hummus with crackers
- Vegan cakes/treats

Great sandwich filling suggestions

- Hummus, soy cheese and salad
- Peanut or almond butter and jam
- Peanut butter with sliced banana, maple syrup and slivered almonds
- Avocado, tomato and soy cheese
- Lentil pattie with hommus and salad
- Baked beans and soy cheese
- Leftovers (on a toasted sandwich)

A few points about a High Protein and Energy Vegan Diet

It can be difficult to achieve a high protein and energy vegan diet. Protein-rich vegan foods are naturally high in fibre which can make you feel full quickly and for a long time. Some tips to help achieve a high protein and energy vegan diet include;

- ✓ Make sure you have something high in protein and energy at each meal and snack.
- ✓ Ensure your pantry, fridge and freezer are stocked with good amounts of nuts, seeds, nut butter, canned legumes, tofu, quorn™, full fat dairy alternatives.
- ✓ Cook curries and soups in advance and freeze in batches for days when you don't feel like cooking.
- ✓ Buy or make vegan cakes/treats in advance and freeze for when your appetite is poor.

Pre-Prepared Meals

Depending on where you live, you may be able to have vegan meals home delivered. These meals usually only provide enough nutrition for one meal per day, so it is important to still have two other nutritious meals, plus snacks. Your dietitian can provide more information.

Nourishing drinks

Fortified soy milk is a great base for nourishing drinks as it is high in protein and energy.

Full fat soy milk is preferable to use as it contains more energy than reduced fat milks.

To make soy milk higher in protein and energy, other ingredients may be added. For example, add soy, almond or coconut ice-cream, vegan hot chocolate powder, plant based protein powders or maple syrup to your milk drink.

Chocolate Milkshake (serves 1)

1 cup soy milk
1 tablespoon vegan protein powder
(brown rice or pea protein)
1 tablespoon dairy free chocolate powder
2 scoops soy/coconut/ almond ice-cream

Fruit Smoothie (serves 1)

1 cup soy milk
1 ripe banana or cup of tinned/frozen fruit
1 tablespoon vegan protein powder
(brown rice or pea protein)
1 tablespoon maple syrup
2 scoops soy/ almond/ coconut ice-cream

For both recipes blend all ingredients together until smooth. Serve chilled.

A NOTE ON RECIPES:

Many people ask for recipe ideas. It is best that you stick to the foods and recipes you usually like and enrich them with extra energy and protein following the ideas from the food groups table.

You could also ask your dietitian for extra tips regarding your favourite meals, snacks or drinks.