



Energy and Protein Boosters

Vegan Friendly

When we have a small appetite it's useful to add things to our food and drinks to fortify and boost our overall food and nutrient intake.

1. Try adding 2 or more of these boosters to each serving of food.
2. Try including 2-3 of the 100kcal snacks and 1-2 of the booster drinks per day.

Table 1 – Energy & Protein booster ingredients

Food	Portion	Energy (kcal)	Protein (g)
Nuts	25g /1 handful	150	7
Seeds	25g /1 handful	136	6
Olive oil	1 tablespoon	120	0
Sunflower oil	1 tablespoon	120	0
Peanut butter	1 tablespoon	90	4
Peanut butter powder	1 tablespoon	30	3
Hummus	1 tablespoon	50	2
Avocado	¼ / 35g	67	1
Ground almonds	1 tablespoon	62	2
Vegan cheese	30g /1 slice	86	0
Margarine	10g	75	0
Vegan mayonnaise	1 tablespoon	60	0
Soya single cream	100mls	142	2
Soya chocolate custard pot	125g	105	3
Soya vanilla custard pot	125g	100	4
Coconut milk/cream	100mls /1/4 can	154	1.4
Sugar	1 tablespoon	48	0
Jam/marmalade	1 tablespoon	40	0

- Nutritional values may be slightly different depending on the supermarket or brand you choose.



Examples of how to include these boosters into your diet:

Breakfast: 2 Weetabix/porridge with dairy free milk of choice, 50-100mls of soya single cream, 1 tablespoon of sugar.

Lunch: Cheese toastie with vegan cheese and margarine, blended vegetable or tomato soup with 50-100mls of soya single cream/coconut cream.

Snack: 1 slice of toast with thickly spread peanut butter or crackers with hummus.

Dinner: Salad with avocado and 1-2 tablespoons of olive oil, curry with soya single cream or coconut curry made with coconut cream and a side dish of rice.

After dinner snacks: 1 soya chocolate/vanilla pot or handful of nuts and fruit and some dairy free chocolate or hot chocolate with dairy free milk of choice.

Table 2 – 100kcal snack ideas

Approximately 100kcal snacks
<ul style="list-style-type: none"> • 1 banana slices with a teaspoon of peanut butter • 30g bowl of cereal with dairy-free milk of choice • 100g soya yogurt with handful of berries • 1 Medjool date with 1 nut of choice • 3 small cups of popcorn • 10 almonds • 1 tablespoon of hummus and carrot sticks • 3-4 tablespoons of vegan ice-cream • 2-3 vegan rich tea biscuits • 1 small packet of crisps • 1 slice of toast with thin spread of margarine

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Contact Details

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Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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