



Food fortification for Vegans

As appetite may lessen with age, potentially leading to weight loss, it can be helpful to enrich the calorie content of food. This guide can be used in conjunction with other fortification advice [hyperlink NHS Tayside guide and NHS Grampian Food Fortification guide] and is intended to suggest ways that food items commonly used to enrich food may easily be made vegan.

Many of the food items commonly used to fortify food may be suitable for vegetarians. Many **vegetarians** will eat eggs and dairy products, for example, though always check with the individual for their food preferences, and always ensure that cheese is made with non-animal rennet. If giving sweets or pastries, or yoghurts, please check that they do not contain gelatine or lard.

Vegans do not eat eggs, dairy products, or honey, and many of the food items commonly used to fortify food may not be suitable.

Useful vegan alternatives include a large variety of **plant milks** made from soya, almonds, oats, hazelnuts, coconut, or rice.

As with plant milk, **vegan cheese** can be made of soybeans, rice, almonds and other nuts, and nutritional yeast. Vegan cheese may be a good source of soy protein. Several brands melt in the way dairy cheese does. Popular brands include Biocheese©, Cheezly©, Daiya©, MozzaRisella©, Sheese©, Tofutti©, Violife©, Tesco©, Vegusto©, and others.

Sources of Plant-based Nutrition

- Include plenty of fruit, vegetables and starchy food (ideally higher fibre)
- Beans, lentils, chickpeas, tofu, soya alternatives to milk and yoghurt and peanuts are good sources of protein
- Calcium-fortified milk and yoghurt alternatives and bread and calcium-set tofu are good sources of calcium
- Walnuts, ground linseed, chia seeds and hemp seeds are rich in omega-3 fat

Some Nourishing Options

- Soya alternatives to meat, yoghurt, milk and custard
- Cooked breakfasts: baked beans, vegan sausages
- Sandwich/wrap fillings: butterbean and herb spread, peanut butter and jam, falafel, vegan sausages, houmous

- Desserts: vegan fortified vegan jelly, rice pudding or fruit pie/crumble/cake with soya cream/custard/dessert/ice cream
- Snacks: vegan muffins/cakes/flapjacks, milk-free sandwich biscuits, cereal, toast/oatcakes with peanut butter and jam, soya dessert/yoghurt
- Drinks: vegan hot chocolate, smoothies and fortified soups

How to Fortify Vegan Meals

Food	Measure	Energy (kcal)	Protein (g)
Soya protein powder	30g	116	27
Pea protein powder	30g	107	23
Peanut butter	25g	152	6
Higher protein soya yoghurt	125g	89	8
Soya yoghurt	125g	63	5
Creamed coconut	15g	105	1
Vegan mayonnaise	15g	66	0
Cream cheese alternative	20g	48	0
Syrup	15g	45	0
Vegetable oil	Teaspoon	25	0
Dairy-free spread	5g	25	0
Soya cream	15g	23	0

Reproduced with the kind permission of Heather Russell, Dietitian, The Vegan Society

Every mouthful counts

- A little and often approach is helpful for those with small appetite
- White pasta, white rice, white bread and couscous are less bulky than whole grains
- Add nut/seed butters, soya cream, coconut milk/cream, vegan mayonnaise, cream cheese alternative, vegan spread or vegetable/olive oils
- Blend in lentils, beans, cashew nuts or silken tofu

For further information and advice please visit the [V for Life](http://www.veganforlife.org.uk) website or email Scotland@veganforlife.org.uk