



**University
Hospitals Sussex**
NHS Foundation Trust

Nourishing Drinks

Dairy Free and Vegan

This information supports the Food as Treatment resource for those following a dairy free or vegan diet

Patient information

It is important to drink enough fluids every day. Water, squash, black tea & coffee are hydrating but they are not very high in energy. The below drinks provide you with both fluids to hydrate you, and calories to aid weight gain. Aim to have at least 2 nourishing drinks per day, avoiding fluid at mealtimes (as this may decrease your appetite). See suggestions of nourishing drinks below:

Milks:

Cow's milk provides us with lots of valuable vitamins and minerals as well as calories and protein. Choose 'milks' that are fortified with extra vitamins and minerals (eg. Calcium, Vit D, B12, Iodine) to ensure you do not miss out on these; organic dairy alternatives will not be fortified.

Where possible, choose milk alternatives that are higher in calories & protein:

| 'Milk' type (100ml) | Calories (kcal) | Protein (g) |
|----------------------------------|-----------------|-------------|
| Alpro Soya 'growing up' milk | 64 | 2.5 |
| Oat Barista Style | 59 | 1 |
| Rude Health Almond milk | 54 | 0 |
| Mighty Pea Barista M.LK | 52 | 1.1 |
| Alpro Plant Protein (soya based) | 57 | 5 |
| Mighty Pea Protein Oat | 50 | 2.4 |
| Rice milk | 49 | 0 |
| Oat milk | 46 | 1 |
| Soya milk (sweetened) | 43 | 3 |
| Soya Barista Style | 42 | 3.3 |
| Pea milk | 35 | 2.4 |
| Coconut Barista style | 30 | 1.5 |

| | | |
|-------------------------|----|-----|
| Hazelnut milk | 29 | 0.4 |
| Soya milk (unsweetened) | 26 | 2 |
| Almond milk (sweetened) | 24 | 0 |
| Almond Barista Style | 24 | 0.5 |
| Cashew milk | 23 | 0.5 |
| Coconut milk | 22 | 0 |

Barista versions of dairy-free 'milks' tend to be higher in calories than their standard equivalents.

DIY nourishing drinks:

Food as Treatment Shake

- 200mls dairy free milk
 - Milkshake syrup or powder to taste
- (approx. 170 calories, 7g protein)**

Add 1 or more variations:

- 1 tablespoon soya cream **(+70kcal)**
- 1 scoop of dairy-free ice cream **(+140kcal)**
- Pureed fruit eg. strawberries, blueberries, banana **(+50-100kcal)**
- 25g Milled seeds **(+125kcal)**
- 1 tablespoon of nut butters **(+90kcal)**
- ½ Avocado **(+130kcal)**
- 1 tablespoon maple syrup **(+50kcal)**

Fortified Soup

- ½ tin of soup (avoid low calorie/'diet' versions; opt for bean/pulse soups)
- 150ml barista soy milk
- 50ml dairy-free cream/coconut cream

(approx. 275kcal, 12g protein)

Fortified Juice

- 180ml fruit juice (try fruit juice with added vitamins eg: Vitafit (Lidl) / Tropicana Multivitamins)
- 40ml undiluted high juice squash or cordial (not sugar free/diet/ no added sugar)
- 10g plant-based protein powder

Put protein powder in a glass. Gradually stir in undiluted cordial or squash. When mixed, gradually mix in fruit juice

(approx 200kcal, 9g protein)

Available to buy:

| Drink | Serving Size | Calories (kcal) | Protein (g) |
|---|---------------------------|-----------------|-------------|
| Vanilla soya milk | 200ml | 114 | 6 |
| Chocolate soya milk | 200ml | 136 | 6.6 |
| Chocolate oat milk | 200ml | 138 | 2.6 |
| Alpro Caffè Ethiopian Coffee & Soya Caramel | 235ml | 85 | 3.5 |
| Starbucks Oat Based Vanilla Macchiato | 220ml | 132 | 1.7 |
| Mars Vegan Milkshake | 250ml | 111 | 5.2 |
| Galaxy Vegan Milkshake | 250ml | 147 | 2 |
| Smoothie | 100ml | 51 | 0 |
| Orange juice | 100ml | 43 | 0 |
| Apple Juice | 100ml | 47 | 0 |
| Vegan hot chocolate | 30g powder + 200ml 'milk' | 170 | 7 |
| Vegan malt drink | 25g powder + 200ml 'milk' | 170 | 7 |

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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