



Department of Renal Medicine

Patient Dietary Advice – Dairy Free Fortified Drinks

Introduction

When you are unwell you may find your appetite is poor and you're not eating so well. The high calorie recipes in this leaflet are designed to help supplement your diet – they are not designed to be a meal replacement.

Super Shake

Ingredients:

150ml of soya drink

125g soya vanilla (alternative to yoghurt)

3 digestive biscuits

How to prepare:

1. Mix all the ingredients and blend them

Berry Blast

Ingredients:

150ml of soya drink

125g soya vanilla (alternative to yoghurt)

3 digestive biscuits

1 tablespoon of soya single cream

50g of strawberries, fresh or frozen

How to prepare:

1. Mix all the ingredients and blend them

Fruit Smoothie

Ingredients:

100ml of soya drink

125g soya vanilla (alternative to yoghurt)

2 tablespoons of double cream (optional)

50g of strawberries, fresh or frozen

1 scoop of dairy free vanilla ice cream

3 digestive biscuits

How to prepare:

1. Mix all the ingredients and blend them

Energy: 352Kcal Protein: 12.8g Potassium: 4.3mmol Fluid: 250ml

Energy: 440Kcal Protein: 18.8g Potassium: 4.8mmol

Fluid: 280 ml

Energy: 546Kcal Protein: 21.1g Potassium: 6.5mmol Fluid: 310ml

References

Nutritional information calculated using:

- o Alpro soya organic wholebean UHT
- McVitie's digestive biscuits
- Alpro plant based yoghurt alternative
- o Alpro alternative to single cream



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