

Patient information

Nourishing high calorie snacks

This leaflet is suitable if you have lost weight, are under weight and trying to maintain or gain weight.

Eating little and often throughout the day can help increase your total nutritional intake, especially if you have a small appetite. Try eating a nourishing snack between each meal.

To help guide snack choices the calorie and protein content of each snack is shown below by the star system.

Star system

100kcal	★ 1 star
50kcal	★ ½ star
High in protein (>10g per 100g)	☑ tick

Savoury snack ideas

Product	Quantity	Nutritional guide
Crackers with cheese or pate	2 crackers + 30g cheese (small match box) or 35g pâté	★★☑
Pork pie	1 snack sized pork pie (65g)	★★★
Sausage roll	1 medium sausage roll (60g)	★★
Scotch egg	3 mini scotch eggs	★
Quiche	¼ quiche	★★★☑
Samosa	1 samosa	★☑
Toast with cheese or peanut butter or pâté	1 slice of bread, 1tsp butter, 30g cheese or 1tbsp peanut butter or 35g pâté	★★★☑
Avocado on toast	1 slice of bread, 1tsp butter and 1/3 avocado	★★★
Nuts	Small handful (30g)	★★☑
Crisps	1 small packet (25g)	★
Bombay mix	35g	★★☑
Cheese and grapes	30g cheese and handful grapes	★★☑

Deli and cooked meats	5 slices charcuterie or 70g cooked meat	★ <input checked="" type="checkbox"/>
Cup of soup (make with whole milk)	1x cream of variety cup of soup made with 230ml whole milk	★★★
Peanut butter with apple slices	1 apple sliced with 2tbsp peanut butter	★★★ <input checked="" type="checkbox"/>
Spring rolls	2 mini spring rolls	★
Boiled egg	1 large egg	★ <input checked="" type="checkbox"/>

Sweet snack ideas

Product	Quantity	Nutritional guide
Yogurt and granola	150g full fat Greek yogurt with 3tbsp granola	★★★
Malt loaf	1 slice with 1tsp butter	★
Fruit or plain scone with cream and jam	1 medium scone, 1tbsp clotted cream and 1tsp jam	★★★
Dried fruit	30g	★
Rice pudding	150g pot full fat rice pudding	★★
Cake	40g small slice	★★
Mousse	100g pot luxury range	★★★
Trifle	Individual trifle pot (135g)	★★
Cheesecake	Individual cheesecake (100g)	★★★
Cereal bar	Nut / seed-based bar (45g)	★★★ <input checked="" type="checkbox"/>
Ice cream	2 scoops (100g)	★★
Dried fruit and nut mix	25g small handful	★ <input checked="" type="checkbox"/>
Bowl cereal	30g cereal with 150ml whole milk	★★★
Croissant or pan au chocolate	1 pastry	★★

Nibbles (if a snack feels overwhelming)

Product	Quantity	Nutritional guide
Nuts	Small handful (30g)	★★★ <input checked="" type="checkbox"/>
Olives and feta	50g	★
Biscuits	2 biscuits	★★
Yogurt covered fruit	20g	★
Chocolate covered fruit and nuts	50g	★★★ <input checked="" type="checkbox"/>
Cheese twists	2 twists	★ <input checked="" type="checkbox"/>

Mini pretzels	30g	★☑
Babybel or cheese stick or triangle	1 cheese stick	★
Chocolate	5 small chunks (25g)	★★
Sweets	5 jelly babies	★

Snack tips

- Aim to eat little and often. Have three small regular meals and three small snacks each day. E.g. have snacks mid-morning, mid-afternoon and before bed.
- Include snacks that contain protein (protein sources include meat, fish, eggs, beans, cheese, lentils, milk, nuts). This will help to support you to meet your nutritional needs.
- Avoid low calorie snacks such as plain vegetable sticks, plain fruit, jellies, or low-fat options. If including these serve with energy dense options.
- If you are including sugary snacks take extra care to maintain dental health.
- Keep snacks insight. This can act as a visual reminder.
- Take a snack with you if you are out and about.

Adding extra energy to your snacks

Can you add further nutrition to your snacks? Consider adding the following.

Product	Quantity	Nutritional guide
Peanut butter	1 tbsp	★☑
Jam	1.5 tbsp	★
Mayonnaise	1 tbsp	★
Houmous	50g	★
Honey	1 tbsp	★
Dips e.g. cheese and chive	50g	★★
Double cream	2 tbsp	★★
Skimmed milk powder	1tbsp	★☑

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