

## INFORMATION FOR PATIENTS

# Snack ideas

This leaflet provides ideas on how to fortify meals with high energy foods and also ideas on high energy snacks.

### 100 calorie boosters

These boosters are approximately 100 calories each and can be added to a meal or eaten alone.

#### Savoury toppings:

- Medium spread of peanut butter
- 1 level tablespoon of mayonnaise
- Average serving of salad cream
- 2 tablespoons of hummus
- 1 heaped tablespoon of pesto.

#### Sweet options:

- 1 heaped tablespoon of sugar
- 2 teaspoons of honey
- 2 teaspoons of golden syrup
- 2 teaspoons of lemon curd.

#### Fruit and nuts:

- 1 tablespoon of peanuts
- 5 Brazil nuts
- 1 banana
- 5 dried apricots
- 6 prunes
- 2-3 dates
- 2-3 tablespoons of sultanas.

#### Dairy:

- 2 tablespoons of skimmed milk powder
- 150mls full fat milk
- 1 scoop of ice cream
- 75mls evaporated milk
- 30mls condensed milk
- 1 small pot of full fat yogurt
- 30mls of coconut cream
- 1 medium slice of cheddar cheese.

#### Snacks:

- 2 digestive biscuits
- 5 jelly babies
- Small chocolate bar (e.g. two finger Kit Kat, half a Crunchie)
- Bag of crisps.

#### Snack ideas

Try aim for 2-3 snacks in between meals to boost your nutritional intake. The following snack ideas are approximately 200-300kcal each.

#### Savoury snacks:

- Cheese and biscuits
- 1 slice of bread plus jam and butter
- Sausage roll/savoury pastry
- Bag of mini cheddars
- 1 slice of bread with cream cheese.

#### Sweet snacks:

- 2 scoops of ice cream
- Slice of cake
- ½ tin of rice pudding
- Sponge and custard
- ½ a scone with jam and cream.

#### Drinks and biscuits:

- Hot chocolate with full cream milk and a digestive biscuit
- Thick milkshake with full cream milk or ice cream
- 2 shortbread biscuits with a cup of milky tea or coffee.

#### Fruit and nuts:

- 50g pistachio nuts
- 30g walnuts
- 10 Brazil nuts
- Tinned fruit with double cream.

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### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### **Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

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If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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