

Nourishing Snacks

100kcal Snacks

Snacks are a great source of energy and nutrition!

Fruit

A great source of energy, vitamins and minerals!

- 1 small banana
- 5 dried apricots
- 6 prunes
- 2-3 dates
- 1 heaped tablespoons of sultanas /raisins

Nuts

A great source of energy and protein!

- 1 small handful of peanuts
- 5 brazil nuts
- 2-3 walnuts
- 7 almonds
- 1 small handful of cashew nuts

Dairy

A great source of energy, calcium and vitamin D

- 1 scoop of ice cream
- 1 small pot of full fat/creamy yogurt
- 1 medium slice of cheese
- 30mls of condensed milk

A great source of energy!

Savoury

- 1 small bags of crisps
- 2 tablespoons of hummus
- ½ a crumpet and butter
- ½ a mini pork pie
- 1 small sausage roll

Confectionary

- 5 jelly babies
- 3 squares of chocolate
- 2 kit kat fingers
- 1 fudge bar
- ½ a crunchie

Biscuits/Cakes

- 1 slice of malt loaf
- 2 jaffa cakes
- 1 shortbread finger
- ½ croissant
- 2 custard creams
- 1 jam tart
- 2 digestives

Tips to help you snack wise

- Aim to have at least ____ small snacks daily
- If your appetite is poor, snacks and nourishing drinks are a great way to make sure you are getting enough calories and protein!
- Try to have snacks between your meals or 'little and often' throughout the day
- Have small bowls of your favourite snacks close by (e.g. crisps, nuts, dried fruit or sweets)
- Be prepared! Many snack foods have a long shelf life, try to have a variety of snacks available at home
- Enjoy a warm milky drink or glass of pure fruit juice with your snack!

My Snack Plan!

My favourite snacks are: _____

Ideas for bowls of snacks to leave close by: _____

Snacks I have at home: _____

Snacks to purchase: _____

300-400 Kcal Snacks

Cold Savoury Snacks:

Egg in a Cup!

Boiled egg
Mayonnaise
Salt and pepper
to taste

Hummus
with
Breadsticks
Or a small bread
roll

Two cream crackers
with one match box
size of cheddar
cheese or cream
cheese

Croissant with one
slice of cheese and
ham

Warm Savoury Snacks:

1 slice of toast and
peanut butter

1 slice of toast
with butter and
grated cheese

Cheese Scone with
butter

2 boiled eggs

Cold Sweet Snacks:

Pot of full fat
creamy yogurt
with tinned fruit

Slice of Cake with
cream or ice cream

Chopped fruit and
ice cream

Fruit trifle and
double cream

Warm Sweet Snacks:

Stewed fruit with
custard, full fat
yogurt or double
cream

1 slice of toast
with butter and
honey or jam

Scone or Tea
Cake with
butter, jam and
cream

Crumpet with
Peanut butter or
butter and jam

Other Ideas:

Malt loaf with
butter

Handful of dried
fruit and nuts
with a glass of
full fat milk

2 digestive
biscuits with
butter and jam

Pot of full fat rice
pudding, yogurt
or custard with a
spoonful of jam
or dried fruit