Nourishing Snacks

Snacks are a useful way to provide extra calories during the day. Aim to have at least two nourishing snacks (i.e. over 100kcals each) daily ideally from a variety of the following groups:

**Dairy Foods**
- 1 pot full fat/creamy yoghurt
- 30g (matchbox size) hard cheese
- 30g (2 tablespoons) soft cheese and cracker
- 1 scoop of ice cream

**Fruit & Nuts**
- 1 small banana
- 5-6 dried apricots/prunes
- 1 small handful of cashew nuts/peanuts

*How about adding some cream or custard to fruit for an extra boost?*

**Savoury Snacks**
- 1 small bag of crisps
- ½ crumpet and a teaspoon of butter
- ½ mini pork pie
- 1 small sausage roll
- ¼ buttered sandwich and e.g. cheese, chicken

**Sweet Snacks**
- 2 KitKat fingers
- 2 digestive biscuits or custard creams
- 1 jam tart
- ½ doughnut
- ½ small pot of trifle
- 1 small pot of custard/rice pudding

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