

Patient Information

Nutritional Booster Snacks

The aim of this diet sheet is to give ideas for snacks to boost your energy and protein intake.

Between meal snacks can be a great way of getting extra calories and protein if you are struggling to meet your body's requirements. Aim for 500 extra calories each day for weight gain. If you have been recommended a modified diet by your Speech and Language Therapist, please select items from the appropriate list only.

<p>Puree</p> <p>Smoothie or pure fruit juice (no bits) – 150ml (76kcal)</p> <p>Yoghurt-drink or thick milkshake – 200ml (120kcal)</p> <p>Smooth cereal, e.g. Weetabix, Instant Porridge (200kcal)</p> <p>Puréed fruit or smooth mashed banana with cream (180kcal)</p> <p>Ready-to-eat custard – 150g (147kcal)</p> <p>Smooth creamy soup – ½ tin (115kcal)</p> <p>Smooth thick and creamy yoghurt (164kcal)</p> <p>Smooth chocolate mousse – 60g (114kcal)</p> <p>Milk jelly – 140kcal (137kcal)</p> <p>Ready-to-eat instant whip – 70g (83kcal)</p> <p>Premium vanilla ice cream (161kcal)</p>	<p>Minced & Moist</p> <p>Soft cereals moistened in milk - add sugar, honey, jam or syrup (200kcal)</p> <p>Milky pudding e.g. rice, macaroni, semolina, sago, tapioca – 120g (121kcal)</p> <p>Trifle – 145g (174kcal)</p> <p>Soft stewed fruit with cream, yoghurt, custard, etc. (225kcal)</p> <p>Sponge cake softened with custard or cream (220kcal)</p>
<p>Soft & bite-sized</p> <p>Moist sandwiches with soft cheese, pâté, smooth peanut butter, tuna, or egg mayonnaise, no crusts – two quarters (184kcal)</p> <p>Fresh or tinned fruit with cream, yoghurt, custard, etc. (225kcal)</p> <p>Scotch pancakes – 2 (162kcal)</p> <p>Marshmallows – 5 (125kcal)</p>	<p>Regular</p> <p>Cream crackers with full fat cream cheese – 2 (147kcal)</p> <p>Cream crackers with pâté – 2 (150kcal)</p> <p>Individual sponge cake slice (118kcal)</p> <p>2 shortcake biscuits – 2 (112kcal)</p> <p>Chocolate – 5 chunks (133kcal)</p> <p>Jelly babies – 5 (109kcal)</p> <p>Malt loaf – 2 slices (161kcal)</p>

Calorie content per portion is for guidance only and will vary between brands.

Notes:

- People with diabetes should take care with sugar-containing snacks and consult their healthcare professional if unsure.
- Ice cream and jelly are not appropriate for those who have been advised to thicken their fluids.

Getting the balance right:

It is possible that the Dietitian will suggest that you take a daily A-Z multi-vitamin and mineral tablet alongside the booster snacks. This may be available to you on prescription, or you can buy it from your local pharmacy or supermarket; the Dietitian will be able to advise you.

Tips to include snacks in your daily life:

- Set an alarm at intervals throughout the day to remind you to have a snack.
- Leave a selection of snacks by your chair to nibble on throughout the day.
- Have snacks visible in the kitchen, perhaps next to the kettle, to remind you to have something.
- Prepare snacks in advance and leave them in an obvious position in your home.
- Each time you have a drink, have something to eat with it.
- When meeting with friends arrange to go somewhere where snacks and drinks are available.
- Have a hot milky drink and a snack before you go to bed, or if you wake up in the night.
- Prepare a record sheet to mark off each time you have a meal, drink, or snack.
- Display this prominently to remind you to keep your intake up.

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