

Patient Information

Department of Nutrition and Dietetics

Nourishing Snacks

If you have a poor appetite or have lost weight, everything that you eat and drink should be as nourishing as possible. Regular snacks will increase the calorie content of your diet.

Eating little and often may be easier than having meals. Aim to have 2-3 snacks every day in between meals. This leaflet will give you some ideas of snacks that are good sources of energy and protein.

100 to 200 Calorie Snacks

- 1 slice of bread or toast with thickly spread butter or margarine.
- 25g nuts – peanuts, cashews, pistachios, almonds, mixed nuts...
- 1 packet of crisps
- 1 bitesize pork pie
- 2 cocktail sausage rolls
- 5 cocktail sausages
- Slice of pizza
- One onion bhaji or small samosa
- 1 mini scotch egg
- ½ bagel with avocado
- 100g serving blancmange or Angel Delight made with full fat milk and sugar
- 1 pot of crème caramel, custard, rice pudding
- 1 pot of fruit or chocolate trifle
- 1 full fat yoghurt or Skyr yoghurt with added fruit
- 1 cereal bar
- 2 cream filled or chocolate covered biscuits



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- 1 slice of malt loaf with butter
- 1 sweet waffle with a spoon of chocolate spread
- 2 flapjack bites or 2 mini muffins
- 3 bite sized doughnuts
- 1 iced bun
- 1 croissant
- 1 mini chocolate roll, one cake bar or one French Fancy
- 1 slice of Swiss roll
- 6 marshmallows or jelly babies
- 4 chocolate sweets (for example, Quality Street/ Roses)

200 to 300 Calorie Snacks

- Cheese or pâté on 2 crackers spread with butter
- One crumpet thickly spread with butter
- A toasted tea cake with butter and jam
- One snack sized (100g) pork pie
- 100g quiche
- One slice cheese on toast
- 3 breadsticks with 1tbsp hummus
- 3 cream filled/ chocolate covered biscuits
- A standard chocolate bar
- One jam or custard doughnut
- One chocolate éclair or blueberry muffin
- One pot cheesecake
- One slice iced rich fruit cake
- Bowl of cereal with full fat milk and sugar
- Slice of flapjack
- Soft raw fruit and nut bars i.e. Nakd bars, Eat Natural or supermarket own brand alternative (you can make your own by blending dates and cashews).
- Vegan yogurt with dried fruit and seeds
- Rice cake/oatcake/crackers/pitta bread with nut butter, guacamole or hummus

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- Overnight oats with yogurt, nuts, seeds, date syrup, desiccated coconut
- Pancakes with vegan chocolate spread, nut butter or coconut yogurt

High Calorie Mousse

50g packet Angel Delight

200ml double cream

200ml evaporated milk

5 heaped tbsp dried milk powder

Mix the Angel Delight and milk powder with enough milk to form a smooth paste.

Add the remaining ingredients.

Whisk together well.

1 portion provides 400 calories and 12g protein

Contact numbers:

024 7696 6161 (University Hospital)

01788 663473 (Hospital of St Cross, Rugby)

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