Patient Information

University Hospitals Coventry and Warwickshire NHS Trust

Department of Nutrition and Dietetics

Nourishing Snacks and Drinks

If you have a poor appetite or have lost weight, everything that you eat and drink should be as nourishing as possible. Aim to meet your daily requirement of six to eight cups of fluid each day - but water, tea and coffee do not give much nutrition. Therefore, regular snacks and nourishing drinks will increase the calorie content of your diet.

This leaflet will give you some ideas of snacks and drinks that are good sources of energy and protein. Aim to have 2-3 snacks / nourishing drinks daily in between meals so you are not too full to have your next meal.

100 to 200 Calorie Snacks / Drinks

Savoury:

- 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
- 3 slices of ham
- One onion bhaji or small samosa
- 1 mini scotch egg
- 1 scrambled egg / omelette (made with butter or alternative)
- 4 x dice size chunks of cheddar cheese
- 2 x mini babybel
- ½ bagel with avocado

Sweet:

- 1 heaped tablespoon of peanut / almond butter
- 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
- 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 banana
- 1 mini chocolate roll, one cake bar or one French Fancy
- 1 slice of Swiss roll
- 6 marshmallows or jelly babies
- 1 scoop of ice cream
- 4 x squares of chocolate or chocolate sweets (e.g. Quality Street/ Roses)
- 1 glass full fat / whole milk
- 1 mug of Hot Chocolate / Horlicks / Ovaltine / Milky Tea or Coffee (Make these drinks using fortified milk or whole milk. Add cream for extra calories)

200 to 300 Calorie Snacks / Drinks

Savoury:

- 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
- Rice cake/oatcake/crackers/pitta bread with nut butter, guacamole or hummus
- 3 breadsticks with 1tbsp hummus

Sweet:

- 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).
- Yogurt (dairy / vegan) with dried fruit and seeds
- Overnight oats with yogurt, nuts, seeds, date syrup, desiccated coconut
- Pancakes with chocolate spread, nut butter or coconut yogurt
- Milkshake (homemade / shop brought e.g. Yazoo®, Frijj®, Galaxy®, Mars®, or supermarket own brands)
    - Add milkshake flavouring, such as milkshake powder or syrup, to a glass of fortified milk
    - You can also add fresh, tinned or frozen fruit, other flavourings such as honey, cinnamon, sugar or a couple of spoons of fruit juice

Milk and Milky Drinks

Milk is a particularly nutritious drink. It is not only a source of energy (calories) and protein, but also provides calcium, which is important for bone health. When you have a poor appetite, you should try using full fat/whole (blue top) milk. If you find full fat milk too rich, you can use semi-skimmed milk.

- You can make milk more nutritious by ‘fortifying’ it. Mix 3 to 4 tablespoons of dried milk powder to one pint of full fat milk and then use as normal, for example, on cereal, in tea and coffee and milk based sauces.
- Complan® and Meritene® are available from many supermarkets, pharmacies and online. These are powdered supplements drinks that you make up with milk. Try making these using fortified milk (or fruit juice if you don’t like milk). Some supermarkets and pharmacies also stock ready-made high energy drinks, such as Supligen®, Nutrament® and Nurishment®, which you can have if you want.

Other High Energy Drinks

If you dislike milk, try the drinks listed below. Some of these drinks may not be suitable if you have diabetes. Speak with your dietitian, GP or nurse for advice.

Fizzy Drinks - cola, lemonade, cream soda, Lucozade® and ginger ale can be included as part of your diet. Avoid the reduced sugar versions while your appetite is poor.

Sports Drinks - some are low in calories and are intended more as a source of vitamins or minerals. If you choose to have a sports drink, look for one that contains sugar or syrup near the beginning of the ingredients list.

Milkshake Recipe (360kcal, 12g protein)

- 170ml full fat/whole milk (blue top)
- 30ml double cream
- 5 heaped teaspoons dried milk powder
- 3 heaped teaspoons milkshake powder (e.g. Nesquik®, Crusha® or supermarket own brands)

1. Mix the milk powder with enough milk to form a smooth paste
2. Add the remaining ingredients and whisk together well

High Calorie Mousse recipe (400kcal, 12g protein)

- 50g packet Angel Delight
- 200ml double cream
- 200ml evaporated milk
- 5 heaped tbsp dried milk powder

1. Mix the Angel Delight and milk powder with enough milk to form a smooth paste.
2. Add the remaining ingredients and whisk together well.

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