

Nourishing Snacks

Nourishing snacks

Why are nourishing snacks important?

If you are experiencing a poor appetite, the portion sizes at your main meals will probably be smaller than normal. Nourishing snacks between your main meals can help provide an excellent source of extra nutrition, to try to prevent weight loss or help you gain weight.



How often should I have a nourishing snack?

It is recommended you try to have at least two small nourishing snacks every day, such as mid-morning, mid-afternoon or supper time.

How many calories should a nourishing snack contain?

It is recommended that a nourishing snack is around 150 calories. This leaflet provides examples. However, a standard plain biscuit is not a nourishing snack, because they only provide around 35-40 calories per biscuit.

What size should I have for the nourishing snack?

It is important to have a small nourishing snack, because you do not want to negatively impact your appetite at your next main meal.

- If you consider an egg cup, most food items placed in an egg cup provide 150 calories, for examples chocolate raisins, chocolate drops, nuts, Bombay mix.
- Four individual chocolates (e.g. Celebration, Roses, Quality Street), or four jellied fruits provide 150 calories.
- One slice of malt loaf with butter is similar calories to four plain biscuits
- One crumpet with butter and jam is similar calories to six plain biscuits
- One small piece of flapjack is similar calories to eight plain biscuits



What drinks should I have with a nourishing snack?

Although it is ok to have a mug of tea or glass of water because hydration is important; however, if you have a nourishing drink with your snack, this will provide extra nutrition.

- For example: a milky coffee with a slice of malt loaf spread with thick butter; a milky hot chocolate with four chocolates.
- Refer to the 'nourishing drinks' leaflet for more ideas.



Nourishing snacks (equivalent to 4 plain biscuits)

- Ham sandwich (1 slice bread)
- Fairy cake
- Malt loaf (1 slice with butter)
- Fruit scone (½ scone with butter and jam)
- Hot cross bun (½ bun with butter and jam)
- Sausage roll (medium)
- Crisps (standard packet)
- Ice cream (1 scoop)
- Yoghurt (Thick and creamy)
- Meringue nest and cream
- Cereal bar
- Dried fruit (Handful/egg cup, e.g. raisins, sultanas)
- Full fat custard or rice pudding (Individual pot)
- Chocolate bar (Snack size)



Nourishing snacks (equivalent to 6 plain biscuits)

- Teacake (½ with butter and jam)
- Crumpet (1 crumpet, with butter and jam)
- Sponge or fruit cake (1 slice)
- Pork pie (medium)
- Jam/pate sandwich (1 slice with butter)
- Bakewell tart (Individual)
- Fruit pie (Individual)
- Doughnut (Mini or ring)
- Trifle (Individual)



Nourishing snacks (equivalent to 8 plain biscuits)

- Flapjack (Small slice)
- Malt loaf (2 slices with butter)
- Fruit scone and cream (½ fruit scone with butter, jam, and cream)
- Danish pastry
- Chocolate (Standard bar: e.g. Mars, Twix)
- Cheese and biscuits (2 crackers with butter and Cheddar)
- Fortified mousse (refer to 'fortified recipes' leaflet)

