

High Calorie Snack List

If you have recently lost weight or are reducing/stopping nutritional drinks, try to take at least 2 of the following snacks per day in addition to your meals to help stabilise or increase your weight. Each snack is approximately 300 calories.

Savoury Snacks

- 1 slice of toast* with peanut butter or melted cheese
- 4 oatcakes* with butter and cheese
- Bagel and cream cheese
- 1 medium size sausage roll or a small pork pie
- Small packet of peanuts* and a glass of full cream milk
- Cheese scone with butter
- Packet of crisps and a glass of full cream milk
- 2 slices of toast with beans or scrambled egg
- Bacon sandwich - 2 slices of bread
- Sandwich with egg or tuna mayonnaise - 2 slices of bread

Sweet Snacks

- Scone with jam and butter and a milky coffee
- Milky coffee with cream cake e.g. cream sponge, large piece of Swiss Roll
- A glass of full cream milk and 2 digestive biscuits with butter or cheese spread
- Pot of full fat or thick & creamy yoghurt with tinned fruit in syrup and a carton of Ribena
- Hot chocolate made with full fat milk and 2 fingers of shortbread
- Small pot of chocolate dessert e.g. flake dessert, crunchy dessert, rich chocolate mousse, individual pot of tiramisu
- Slice of toast* with butter and jam with cup of hot chocolate with full cream milk
- Bar of chocolate with milky coffee
- Danish pastry or croissant with butter and a milky coffee
- Bowl of cereal* with full cream milk and small glass fresh fruit juice or smoothie
- Bowl of porridge* made with full cream milk
- 1 toasted crumpet or 2 muffins with butter and a glass of full cream milk

* If you have been recommended to take more fibre in your diet, or if you are stopping a supplement which contains added fibre you may find it beneficial to opt for wholemeal or granary bread and cereals labelled 'high fibre' or 'wholegrain'

Health Care Professional Contact Details:

Developed by NHSGGC dietitians and ratified by
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FOOD
FIRST

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