

Nourishing Snacks

In this leaflet you will find ideas for nourishing nutrient dense snacks to provide you with additional energy and nutrients if you have small appetite. You can have them in between meals or before bed.

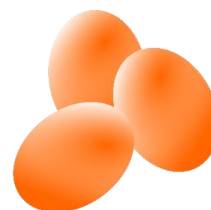
Savoury snacks ideas:

- Toast with peanut butter
- Milk with added semi skimmed milk powder.
- Cheese sandwich
- Crackers with butter and cheese
- Dried nuts
- Yoghurt
- Cheese/beans on toast
- Boiled egg/pickled egg
- Falafel

Sweet snacks ideas:

- Toast with butter and jam
- Scone with cream/butter and jam
- Biscuits
- Hot chocolate with fortified milk
- Flapjack or muesli bar
- Dried fruit
- Tub of custard with 1 tablespoon of skimmed milk powder
- Halva
- Fortified rice pudding with jam

If you have diabetes, continue avoiding sweet snacks, drinks and adding sugar to food and drinks.



Soft snacks

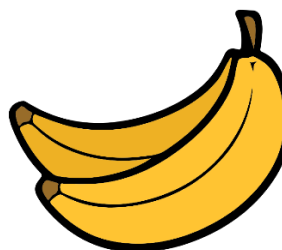
Softer and / or moister snacks may be more suitable if you have:

- Difficulty chewing food due to dental problems.
- Tire easily when eating.

If you have **swallowing difficulties**, ask your GP for you to be referred to a Speech and Language Therapist for further advice regarding the types of food textures that are suitable for you.

Soft snacks ideas:

- Porridge
- Weetabix™ softened with milk
- Thick creamy or Greek yoghurt
- Full fat fruit or chocolate mousse
- Rice pudding, tapioca or semolina
- Scrambled eggs
- Tinned or stewed fruit and custard
- Sponge pudding with custard
- Chocolate/fruit mousse
- Soft, moist sponge cake
- Ripe banana



*If you use thickened fluids do so under direction of a **Speech & Language Therapist**.

*If you have diabetes or high cholesterol, ask your GP to refer you to a **Dietitian**.

For healthy eating advice please refer to the Eat Well Guide by visiting the NHS website - <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

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