

# Food First: Nourishing Snacks

## 100kcal Snacks

**Snacks are a great source of energy and nutrition!**

### Fruit

**A great source of energy, vitamins and minerals!**

- 1 small banana
- 5 dried apricots
- 6 prunes
- 2-3 dates
- 1 heaped tablespoons of sultanas /raisins

### Nuts

**A great source of energy and protein!**

- 1 small handful of peanuts
- 5 brazil nuts
- 2-3 walnuts
- 7 almonds
- 1 small handful of cashew nuts

### Dairy

**A great source of energy, calcium and vitamin D**

- 1 scoop of ice cream
- 1 small pot of full fat/creamy yogurt
- 1 medium slice of cheese
- 30mls of condensed milk

**A great source of energy!**

### Savoury

- 1 small bags of crisps
- 2 tablespoons of hummus
- ½ a crumpet and butter
- ½ a mini pork pie
- 1 small sausage roll

### Confectionary

- 5 jelly babies
- 3 squares of chocolate
- 2 kit kat fingers
- 1 fudge bar
- ½ a crunchie

### Biscuits/Cakes

- 1 slice of malt loaf
- 2 jaffa cakes
- 1 shortbread finger
- ½ croissant
- 2 custard creams
- 1 jam tart
- 2 digestives

### Tips to help you snack wise

- Aim to have at least \_\_\_\_ small snacks daily
- If your appetite is poor, snacks and nourishing drinks are a great way to make sure you are getting enough calories and protein!
- Try to have snacks between your meals or 'little and often' throughout the day
- Have small bowls of your favourite snacks close by (e.g. crisps, nuts, dried fruit or sweets)
- Be prepared! Many snack foods have a long shelf life, try to have a variety of snacks available at home
- Enjoy a warm milky drink or glass of pure fruit juice with your snack!

### My Snack Plan!

My favourite snacks are: \_\_\_\_\_

Ideas for bowls of snacks to leave close by: \_\_\_\_\_

Snacks I have at home: \_\_\_\_\_

Snacks to purchase: \_\_\_\_\_

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## 300-400 Kcal Snacks

### Cold Savoury Snacks:

**Egg in a Cup!**  
 Boiled egg  
 Mayonnaise  
 Salt and pepper  
 to taste

Hummus  
 with  
 Breadsticks  
 Or a small bread  
 roll

Two cream crackers  
 with one match box  
 size of cheddar  
 cheese or cream  
 cheese

Croissant with one  
 slice of cheese and  
 ham

### Warm Savoury Snacks:

1 slice of toast and  
 peanut butter

1 slice of toast  
 with butter and  
 grated cheese

Cheese Scone with  
 butter

2 boiled eggs

### Cold Sweet Snacks:

Pot of full fat  
 creamy yogurt  
 with tinned fruit

Slice of Cake with  
 cream or ice cream

Chopped fruit and  
 ice cream

Fruit trifle and  
 double cream

### Warm Sweet Snacks:

Stewed fruit with  
 custard, full fat  
 yogurt or double  
 cream

1 slice of toast  
 with butter and  
 honey or jam

Scone or Tea  
 Cake with  
 butter, jam and  
 cream

Crumpet with  
 Peanut butter or  
 butter and jam

### Other Ideas:

Malt loaf with  
 butter

Handful of dried  
 fruit and nuts  
 with a glass of  
 full fat milk

2 digestive  
 biscuits with  
 butter and jam

Pot of full fat rice  
 pudding, yogurt  
 or custard with a  
 spoonful of jam  
 or dried fruit