

Nutritious Snacks

Try eating 2 to 3 nourishing snacks a day between meals (e.g. mid-morning, mid-afternoon, before bed). The snacks listed below generally provide about 200 to 300kcal (calories) and some protein.

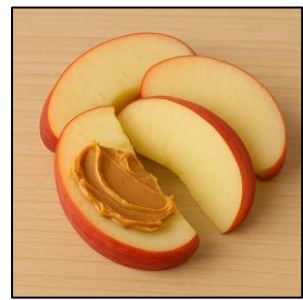
Sweet Snacks



Small tub of rice pudding
(or tapioca, custard)



Handful of dried fruit
and nut mix



Sliced apple with
peanut butter



Sweet plantain chips



Small pot of full-fat
Greek yoghurt



Small scone with jam
and cream



2 dark chocolate
biscuits with a
glass of milk



Slice of malt loaf (or
tea cake) with butter

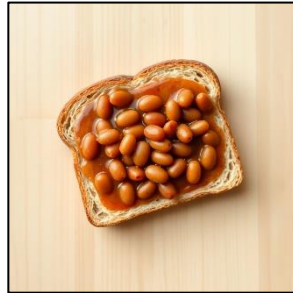


Small bowl of breakfast
cereal with fortified milk (or
cereal bars)

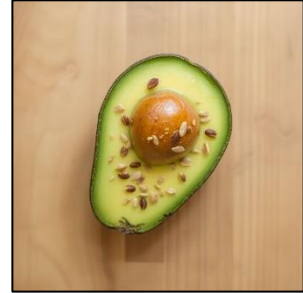
Savoury Snacks



3 crackers with hummus
(or cheese, pate,
guacamole)



1 slice of toast with
beans, (or egg, peanut
butter, cheese)



Half an avocado
sprinkled with seeds



Scotch egg (or sausage
roll, pork pie, cocktail
sausages)



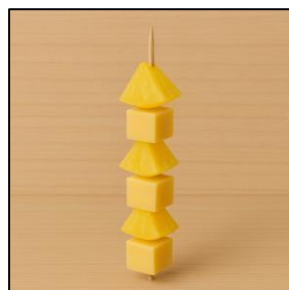
Small slice of
quiche (or pizza)



Samosa (or
pakoras, falafels)



Edamame beans
drizzled with sesame oil



Cheese with
pineapple



Tinned oily fish e.g.
sardines, mackerel,
salmon



Small packet of Bombay Mix
(or nuts, crisps)

For more ideas to boost your food
intake please scan the QR code or
follow the link to see [Food-Based
Resources](#).

