

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services. www.bartshealth.nhs.uk/pals

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

Te informacje mogą zostać na żądanie przedstawione w formatach alternatywnych, takich jak łatwy do czytania lub duża czcionka, i w różnych językach. Prosimy o kontakt pod numerem 02082238934.

Macluumaadkan waxaa lagu heli karaa qaabab kale, sida akhriska fudud ama daabacaadda wayn, oo waxaa lagu heli karaa luqaddo kale, marka la codsado. Fadlan la xidhiidh 02082238934.

এই তথ্য বিকল্প ফরম্যাটে, যেমন সহজে পড়া যায় অথবা বড় বন্ট প্রিং আপনার অনুব্রাটে বিকল্প ভাষায় পাওয়া যেতে পারে। অনুগ্রহপূর্বক যোগাযোগ করুন 02082238934।

Bu bilgiler, okuması kolay veya büyük baskılar gibi alternatif biçimlerde ve talep üzerine alternatif dillerde de sunulabilir. İrtibat için lütfen 02082238934 numaralı telefondan ulaşın.

اس معلومات کو متبادل شکل، جیسے، پڑھنے میں آسان یا بڑے حروف، میں دستیاب کرایا جاسکتا ہے، اور درخواست کرنے پر اسے متبادل زبان میں بھی دستیاب کرایا جاسکتا ہے۔ براہ مہربانی 02082238934 پر رابطہ کریں۔

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Barts Health
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Patient information

High energy snacks

Nutrition and Dietetics Department



1. Introduction

This booklet provides information on high calorie snacks and desserts for people who have been advised to follow a high calorie diet. This is usually because you have lost weight or are losing weight due to an illness and/or treatment or have a small appetite and you are unable to eat full size meals.

This is often called the 'little and often' approach

If you have diabetes you might find that some snacks suggested in this leaflet contradict the advice you may have already been given. However, at present it is important for you to have a diet that will help you to maintain or gain weight. When you are eating well and have regained or stabilised your weight, you can then return to your previous diet. If you have any concerns, speak to your dietitian.

Snacks can be spread over the day e.g. mid morning, mid afternoon and bedtime; they do not have to be taken all at once.

As well as having extra snacks, it is also good to prepare fortified milk to provide extra calories

Fortified milk recipe

Add: 2 tablespoons of dried milk powder to
250mls full fat milk (1/2 pint)

6. Additional information

There are several ways to achieve a high calorie diet. Your dietitian can also give you advice on food fortification methods and nourishing drinks. Speak to your dietitian if you would like more information.

Notes:

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Name:

Date:

Dietitian:

Contact Number:

Hospital Site:

4. Asian snack ideas

Sweet

- Laddoos
- Mathia
- Shrikhand
- Halwa
- Kulfi
- Kheer
- Barfi
- Jalebi

Savoury

- Samosas
- Vada
- Pakoras
- Chevda
- Chaat
- Nuts/Corn-nuts
- Khichdi with butter
- Kebabs

5. African and Caribbean snack ideas

Sweet

- Sweet fritters: banana, apple
- Chin chin
- Sugared sesame balls
- Corn or sweet potato pone
- Sweet potato pudding
- Bambara
- Mango/banana milkshake with ice cream, cream or yoghurt
- Plantain or cassava chips
- Tamarind balls
- Fruit salad with whipped cream
- Millet porridge with nuts and dried fruit
- Daube plantain

Savoury

- Savoury fritters: cod, cheese potato, corn
- Patties
- Bun and cheese
- Avocado stuffed with seafood and mayonnaise

2. Savoury snack ideas

- Crisps
- Chips with dips
- Medium bag of peanuts
- Bombay mix
- Pancake
- Houmous or guacamole with breadsticks
- Crumpet topped with cheese and butter
- Cheese on toast
- Small tin baked beans / spaghetti on toast topped with cheese
- Crackers with butter and cheese
- Cheese omelette
- Pies e.g. meat or vegetable
- Toast, thickly spread with paté
- Cornish pasty
- Sausage / fried egg / corned beef / cooked chicken sandwich
- Sausage roll
- Scotch egg
- Pilchards/sardines on toast
- Packet soup made up with fortified milk and croutons
- Mini quiche and coleslaw

3. Sweet snack ideas

- Milk chocolate bar e.g. Kit Kat four-finger bar, Nestlé's Rolo, or Cadbury's Dairy Milk, or Mars bar
- Fruit and nut cereal bar
- All butter shortbread fingers
- Chocolate chip shortbreads
- Custard creams
- Lemon puffs
- Chocolate biscuits e.g. McVitie's Boasters, Viscount biscuits, chocolate digestives, chocolate Hobnobs
- Wagon Wheels
- Plain digestive biscuits spread with soft cheese and jam
- Chelsea bun
- Scone with cream and jam
- Jam/custard doughnut
- American style muffin e.g. chocolate chip, blueberry
- Peanut butter sandwich (2 slices bread)
- Croissant with jam and butter
- Scotch pancakes and honey
- Fruit cake / malt loaf with cheese

- Small bowl of cereal with full fat milk and sugar
- Mince pie with tablespoon cream
- Mini cakes
- Lemon meringue pie
- Fruit crumble and custard
- Egg custard tart
- Mini cheesecake
- Tiramisu
- Medium bowl of tinned milky pudding with teaspoon of jam/honey. Milky puddings include:
 - Creamed macaroni
 - Creamed rice pudding
 - Creamed sago
 - Creamed semolina
 - Creamed tapioca
- Syrup pudding and custard
- Angel Delight made with fortified milk and topped with cream
- Crème caramel with cream
- Muller Fruit / Crunch Corner yoghurt
- Ice cream with chocolate sauce