

## Why do I need to snack between my meals?

- Snacking between meals is very helpful if you have a small appetite as it helps to increase your overall intake of food and nutrients.
- In addition to your normal diet, try to have 2-3 snacks between meals.
- Try and eat small amounts regularly – e.g. breakfast, morning tea, lunch, afternoon tea, dinner and supper.

### Regular Options

- Cheese and crackers.
- Dried fruit and nuts.
- Muesli bar or Flapjack.
- Small packet of crisps.
- Sandwich with meat/cheese.
- Piece of fruit.
- Chocolate biscuits.
- Crackers and dip.
- Crumpets with spread.
- Cheese on toast.

### Soft Options

- Scrambled eggs.
- Tinned fruit and ice cream.
- White crustless sandwich with creamy filling e.g. egg or tuna mayo/cream cheese/jam/smooth peanut butter.
- Pastry/pie softened with custard/cream.
- Porridge/soggy cereal with milk/double cream.
- Baked beans on toast.
- Soft, moist cake/muffin.
- Scone with clotted cream and jam.

### Very Soft and Puree Options

- Yoghurt.
- Custard.
- Chocolate or fruit mousse.
- Milky pudding.
- Mashed banana and custard.
- Creamed Rice.
- Jelly and ice cream.
- Fromage frais.
- Crème caramel.
- Self saucing pudding.

### Liquid Options

- Soup with milk/double cream.
- Glass of full fat milk (blue top).
- Glass of enriched milk (make by adding 4 tablespoons milk powder to full fat milk).
- Glass of fruit juice.
- Fruit smoothie (e.g. Innocent, supermarket brand).
- Milkshake.
- Soft drinks or cordial.
- Nourishing drinks (see 'Nourishing Drinks' Leaflet).

## Stocking the Cupboard and Fridge

Choose products that are full fat and/or sugar. Avoid diet or low calorie varieties unless otherwise told by your health care team.

- Whole milk/full cream milk (blue top)
- Desserts, mousses, yoghurts, fromage frais, ice-cream and puddings
- Oils, margarines, butter and spreads
- Cheeses, both hard and spreadable
- Mayonnaise, salad dressings, coleslaw, dips etc.
- Cakes, crisps, biscuits – cream, chocolate, cheese
- Nuts and seeds (choose unsalted)
- Drinks - Lemonade, cola, cordials (choose diet varieties if you have diabetes)
- Jams, marmalade, lemon curd etc.
- Soups – choose 'cream of' varieties