

High Calorie Snacks and Protein Rich Foods

Name: _____

Date: _____

Dietitian: _____

Contact No: _____

Snacks are a good way to increase your energy intake but it is essential that you include them as part of a well-balanced diet. Speak to your dietitian if you are not managing to eat meals at meal times.

Protein (as well as energy) is essential for maintaining your strength and well-being. The lists in this booklet will help to give you an idea of foods that contain protein and the amounts in different portion sizes.

Snacks can be spread over the day for example mid-morning, mid-afternoon and bedtime.

They do not have to be taken all in one go.

Introduction

The following list comprises of snack ideas that supply between **250-300kcal per snack.**

Try to vary the snacks you include in your diet because different foods provide different nutrients, such as vitamins.

Fortified milk

Add 2-4 tablespoons of dried, skimmed milk powder to 1 pint of full fat milk and mix well. Keep in the fridge. You can use this as a drink, in cereal, or to replace ordinary milk when making custard, milky puddings, sauces, milky drinks (for example coffee, drinking chocolate) and soups.

Home Made Milk Shakes

Make with 250 ml (approx. ½ pint) of fortified milk.

Then add one of the options below:

- Milkshake powder or syrup
- A small tub of full fat yoghurt
- 1 tablespoon double cream and your favourite fruit for example 75g (3oz) strawberries, 1 banana, 75g (3oz) mango
- 2 scoops of ice cream
- 1 small tin of fruit in syrup or juice & 1 tablespoon of double cream
- One tablespoon honey and double cream

Mix or liquidise and serve.

High calorie snack ideas (provide approximately 250-300kcal per snack)

Sweet Snacks

50g milk chocolate bar

Cheesecake

3 scotch pancakes and honey or syrup

Lemon meringue pie

Custard tart

2 chocolate chip shortbread biscuits

2 plain digestive biscuits spread with soft cheese or jam

5 custard cream / malted milk biscuits

4 lemon puffs

4 chocolate cookies

3 all butter shortbread fingers

3 chocolate coated biscuits

Peanut butter (& jam) sandwich (2 slices bread)

Croissant with jam and butter

2 chocolate and marshmallow biscuits

Twin pack of cake slices

Chelsea bun

Mince pie with a tablespoon double cream

2 slices of malt loaf spread with butter

Jam doughnut

Iced finger bun

Large chocolate chip or blueberry muffin

Scone with cream and jam

Bath bun

Lemon curd spread on 2 slices of toast

Medium bowl tinned milky pudding with a teaspoon of honey or jam:

Creamed Macaroni

Creamed Rice Pudding

Creamed Sago

Creamed Tapioca

Creamed Semolina

Add jam or cream to milky puddings

Instant whip made with fortified milk and topped with cream

2 scoops ice cream with chocolate sauce

Fruit crumble and custard

Tiramisu/trifle/chocolate mousse

Creamy yoghurt with fruit or crunch topping

Toasted hot cross bun with butter

Savoury Snacks

2 slices of cheese on toast

Small piece of cheese (60g) and apple

Sausage sandwich with brown sauce

3 toasted crumpets topped with butter and cheese

Fried egg and ketchup sandwich

2 tablespoons hummus dip/guacamole with 3 breadsticks

Marmite/vegemite soldiers (2 slices bread & butter) & boiled egg

Packet soup made up with fortified milk (add croutons, cream or grated cheese)

Medium sausage roll

Savoury pancake

Cornish pasty –medium

Cheese omelette made with 2 eggs

Two slices of toast spread thickly with pate

Small tin pilchards/sardines on 2 slices toast

Scotch egg

Corned beef sandwich with horseradish

Fruit bun thickly spread with cheese spread

Small bowl of cereal with full fat milk and sugar/honey/creamy yoghurt

Pork pie

2 scrambled eggs on toast

Bagel with cream cheese or peanut butter or ham

4 Cornish wafers with cheese

Mini quiche and coleslaw

Small tin baked beans on toast topped with cheese

Slice of bread dipped in beaten egg and fried. Top with sliced tomatoes or even sprinkle with sugar

You have been advised to have approximately _____ g of protein each day.

This could be made up of _____ 20g portions a day and _____ 10g portions a day.

Please see the tables below for suggestions on how to achieve this.

Food source	Protein content (g)
Meat and fish	
Chicken and bacon pie (200g)	20
Steak pie (200g)	20
Quiche Lorraine (130g)	20
Beef burger (70g)	20
Sausage (small)	10
Back bacon (three rashers)	20
Chicken breast (80g)	20
Salmon steak (100g)	20
Sardines (85g)	20
White fish (100g)	20
Mackerel (100g)	20
Roast beef (75g)	20
Ham (100g)	20
Salami (100g)	20
Tuna (85g)	20
Prawns (100g)	20
Crab (100g)	20
Eggs	
Eggs (three) scrambled, boiled, poached or fried	20
Omelette (two eggs with cheese)	20
Cheese	
Cheddar (40g)	10
Brie (50g)	10
Cottage (75g)	10

Food source	Protein content (g)
Milk	
1 pint (568ml)	20
Hot chocolate made with milk (250ml)	10
Custard (large bowl, 300g)	10
Yoghurt	
Fruit yoghurt pot (200g)	10
Greek yoghurt (175g)	10
Natural yoghurt (200g)	10
Nuts and seeds	
Almonds (50g)	10
Brazil nuts (75g)	10
Peanuts (45g)	10
Linseeds (50g)	10
Pumpkin seeds (45g)	10
Pulses	
Kidney beans (150g)	10
Baked beans (200g)	10
Butter beans (160g)	10
Lentils (115g)	10
Sandwiches – made with two slices of bread	
Chicken salad	20
Cheese and pickle	20
Bacon, lettuce and tomato	20
Coronation chicken	20
Egg mayonnaise (one egg)	10
Two slices of grilled cheese on toast	20
Prawn mayonnaise	20
Tuna mayonnaise and sweetcorn	20
Two slices of beans on toast	20

If you require any more information please contact your dietitian

Mission Statement

Within available resources, the Department of Nutrition and Dietetics mission is to:

- Raise awareness of the importance of nutrition and apply evidence-based dietetic practice in Health Promotion, Disease Prevention and Treatment of Acute and Chronic Medical Conditions.
- Provide access to the best independent nutrition and dietetic advice and education for patients, carers and all health care professionals.

**Produced by the Department of Nutrition and Dietetics
January 2017**

