

Snack suggestions



In addition to your usual diet, try to have 2-3 snacks between meals. This is very helpful if you have a small appetite and helps to increase your overall intake of food and nutrition. Try and eat small amounts regularly eg. breakfast, mid-morning snack, lunch, mid-afternoon snack, dinner and supper. If you have chewing or swallowing difficulties, you may need to choose textures that are easier to manage:

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



Snack suggestions

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 1 pint of full fat milk)
- Glass of fruit juice
- Fruit smoothie (eg. Innocent, supermarket brand, homemade)
- Milkshake
- Soft drinks or cordial
- Nourishing drinks (see 'Nourishing Drinks' Leaflet)

Stocking the Cupboard and Fridge/Freezer

It is important to choose products that are higher in fat and sugar. Avoid diet or low calorie varieties unless otherwise told by your health care team.

- Whole milk/full fat milk (blue top)
- Powdered milk
- Desserts, mousses, yoghurts, fromage frais, ice cream and puddings
- Oils, margarines, butter and spreads
- Cheeses, both hard and spreadable
- Mayonnaise, salad dressings, coleslaw, dips
- Cakes and crisps
- Cream, chocolate or cheese biscuits
- Nuts, seeds and dried fruit
- Lemonade, cola, cordials
- Jams, marmalade, lemon curd, peanut butter, honey
- Soups – choose 'cream of' varieties
- Canned foods – baked beans, spaghetti, sardines, tuna, sausages
- Frozen foods – pizza, pies, quiche, pre-prepared ready meals
- Bread – you can put this in the fridge or freezer to make it last longer



NOTE: If you have problems swallowing ask your GP to refer you to a Speech and Language Therapist. If you are taking thickened fluids, all fluids need to be thickened as directed by your Speech and Language Therapist. If you have Diabetes or High Cholesterol speak with your Doctor or Dietitian before starting.