

Food First: High Calorie Snacks

- **Even the smallest snack can help boost your energy and protein intake**
- To gain weight/stop losing weight people generally need to eat at least another 500 calories per day in addition to their normal calorie intake
- **Try to have 2 to 3 snacks per day as well as your regular meals and try to choose a variety of different snacks**

Savoury Snacks



Snack	Energy content	Protein content
<input type="checkbox"/> 3 cocktail sausages	90 calories	4.5 grams
<input type="checkbox"/> 1 Mini Scotch egg	72 calories	3.5 grams
<input type="checkbox"/> 1 oatcake with 1 teaspoon of peanut butter	81 calories	2 grams
<input type="checkbox"/> 1 carrot cut into sticks with 2 tablespoons of hummus	100 calories	2 grams
<input type="checkbox"/> Half a slice of bread with pate*	111 calories	4 grams
<input type="checkbox"/> 1 cracker with a small chunk of cheese*	112 calories	5.5 grams
<input type="checkbox"/> Mini pork pie	118 calories	3 grams
<input type="checkbox"/> 1 dessert spoon of peanuts	120 calories	5 grams
<input type="checkbox"/> 1 small packet of crisps	133 calories	1.5 grams

*Energy content can be increased by fortifying with cream cheese, nut butter, butter or margarine.

Sweet Snacks



Snack	Energy content	Protein content
<input type="checkbox"/> 3 squares of milk chocolate	108 calories	1.5 grams
<input type="checkbox"/> 1 cream biscuit	63 calories	0.5 grams
<input type="checkbox"/> 1 digestive biscuit*	70 calories	1 gram
<input type="checkbox"/> 1 chocolate digestive	89 calories	1 gram
<input type="checkbox"/> 1 chocolate mini roll	97 calories	1 gram
<input type="checkbox"/> 1 small tub of rice pudding**	102 calories	4 grams
<input type="checkbox"/> 1 wrapped chocolate biscuit	120 calories	1.5 grams
<input type="checkbox"/> 1 small tub of custard**	122 calories	3.5 grams
<input type="checkbox"/> 1 slice of malt loaf with butter	138 calories	2.5 grams
<input type="checkbox"/> Half a scone with butter & jam	143 calories	1.5 grams
<input type="checkbox"/> 1 cereal bar	154 calories	3.5 grams
<input type="checkbox"/> Half a toasted teacake & butter	167 calories	2.5 grams
<input type="checkbox"/> 1 small tub of trifle	188 calories	3 grams
<input type="checkbox"/> 1 small flapjack	197 calories	2 grams
<input type="checkbox"/> 1 pot of thick & creamy yoghurt**	230 calories	5 grams
<input type="checkbox"/> 1 small custard tart	260 calories	6 grams

*Energy content can be increased by fortifying with cream cheese, nut butter, butter or margarine.

** Energy and protein content can be increased by fortifying with dried skimmed milk powder.

If you require further information please see resource:

- [Advice for eating well if you have lost weight or are underweight](#)

Document Governance

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Original Author(s):	Sarah Creighton, Prescribing Support Dietitian, Buckinghamshire CCG in collaboration with Dietetic Department and Jan Knight Community Nutrition Nurse Specialist Buckinghamshire Healthcare NHS Trust. Format of leaflet adapted from patient resources available in A Guide to Managing Adult Malnutrition in the Community produced by a multi-professional consensus panel.
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