

300 CALORIE SNACKS

(Equivalent energy to one
standard supplement drink)



📞 01604 745036 (Northampton)

📞 01536 492317 (Kettering)

🌐 nhft.nhs.uk/dietetics



MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

- Large choc-chip cookie
- Fruited teacake with butter
- One glass of whole milk and digestive biscuits
- 1½ slices of fried egg bread/toast
- 1 thick and creamy yoghurt and 1 digestive biscuit
- 2 slices of toast with butter and jam, chocolate spread or peanut butter
- 3 crackers with butter & cheese
- Blueberry or chocolate muffin
- Large Scotch egg
- Vanilla slice
- Danish pastry
- 3 scotch pancakes with butter
- 2 tablespoons of homemade trifle
- A bowl of cereal with full cream milk
- 4 fig roll biscuits
- 50g unsalted peanuts
- 1/3 tub Pringles / Stackers or similar
- 12 marshmallows
- 13 Jelly Babies (85g)
- 9 mint humbugs
- 25 fruit pastilles
- Yorkie chocolate bar
- Snickers chocolate bar



200ml Drink Average size glass or mug	Ingredients	Calories (kcal)	Protein (g)
Full cream milk	200ml full cream milk	140	7
Fortified milk 1/2 litre / 500ml + 60g dried milk powder	200ml full cream milk 24g skimmed milk powder	220	15
Malt drink e.g. Horlicks©	200ml fortified full cream milk 50g malt powder	400	20
Milkshake various flavours	200ml full cream fortified milk 2 tablespoons (16g) milkshake powder / syrup 30ml single cream	310	16
Hot Chocolate Drink	200ml fortified full cream milk 3 heaped teaspoons/25g drinking chocolate powder	310	17
Cocoa	200ml fortified full cream milk 1 teaspoon (4g)cocoa powder 1 teaspoon sugar	350	24



Dietitian

Telephone No



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফলটেটি যদি আপনার অন্য কোনো ফর্ম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করা 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jei šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.