



Snacks – a variety of snacks can be provided to boost calorie and protein intake

Snack	Amount	Energy content calories (kcal)	Protein content (grams)
Savoury			
Cocktail sausage	1	29	1.5
Mini sausage roll	1	54	1.5
Mini Scotch egg	1	72	3.5
¼ sandwich with pate*	½ slice bread + thick spreading pate	111	4
Cheese & cracker*	1 cream cracker + small chunk cheese	112	5.5
Mini pork pie	1	118	3
Crisps	1 small packet	133	1.5
Peanuts	1 dessert spoon	120	5
Sweet			
Milk chocolate	1 square	36	0.5
Cream biscuit	1	63	0.5
Digestive biscuit*	1	70	1
Chocolate digestive	1	89	1
Chocolate mini roll	1	97	1
Rice pudding**	1 small tub	102	4
Chocolate biscuit	1 individually wrapped	120	1.5
Custard**	1 small tub	122	3.5
Malt loaf with butter	1 slice	138	2.5
½ scone with butter & jam	½ scone	143	1.5
Cereal bar	1	154	3.5
½ toasted teacake with butter	½	167	2.5
Trifle	1 small tub	188	3
Flapjack	Small piece	197	2
Thick and creamy yoghurt**	1 pot	230	5
Custard tart	1 small	260	6

*add butter to increase energy content

**Add dried skimmed milk powder to increase energy and protein content

1 carton Ensure Plus® 220ml contains 330kcal and 13.8g protein

1 carton Aymes Shake® (made with 200ml whole milk) contains 388kcal and 15.6g protein