

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

Nourishing Snacks

This leaflet will give you some ideas for snacks to include in your diet to prevent you losing weight or to help you gain weight. Aim to include at least **two nourishing snacks** in your diet every day. Remember to choose the higher calorie versions. Please avoid low fat products.

Nourishing Snacks

Savoury Snacks

Hot Snacks

- Bowl or cup of creamy soup (not broth), lentil or dahl soup.
- A slice of pizza or quiche.
- A pork pie, sausage roll, Scotch egg or small pasty.
- A samosa, onion bhaji or mini tikka kebab (these are available individually in the supermarket).

Bakery

- A small sandwich or roll with cheese, egg mayonnaise, tuna mayonnaise, hummus, peanut butter or sliced meat with salad cream, pickle or chutney.
- A slice of bread and butter.
- A slice of toast, with meat or fish paste, peanut butter, cheese spread, melted cheese, tinned spaghetti or baked beans.
- An English muffin or a crumpet with butter or margarine and melted cheese.
- Half a bagel with full fat cream cheese.
- A mini pitta pocket filled with cheese, egg mayonnaise or tuna mayonnaise.

Nibbles

- Cheese or pâté on crackers or oat cakes.
- Crisps, nachos or breadsticks with e.g. creamy dip, hummus, salsa or guacamole
- Olives, nuts or savoury popcorn.

Nourishing Snacks

Sweet Snacks

Bakery

- A slice of bread or toast with butter or margarine, jam, marmalade, lemon curd or honey.
- A toasted tea cake with butter or margarine and jam.
- Waffles with chocolate spread.
- An English muffin, crumpet or croissant with butter or margarine and jam or chocolate spread.
- A scone with butter or margarine, jam and cream.
- A fruit, oat or chocolate muffin.
- Cookies or biscuits e.g. shortbread, chocolate coated or cream.
- A slice of cake or a sweet pastry, such as a chocolate éclair, mini doughnut, cinnamon whirl or custard slice.
- Bakewell tart, fruit pie, jam tart or egg custard.

Desserts

- A pot of thick and creamy yoghurt or fromage frais.
- A pot of crème caramel, mousse, trifle, jelly, custard, panna cotta, tiramisu, cheesecake.
- A small bowl of custard, ice cream, rice pudding, semolina or instant whip.
- A small serving of dessert, such as treacle sponge, bread and butter pudding, jam roly poly, fruit pie or fruit crumble, with custard, evaporated milk, cream or ice cream. (Individual portions of these are available in the supermarket).
- A bowl of tinned fruit with cream, evaporated milk, condensed milk or ice cream.

Nibbles

- Chocolate or sweets.
- Dried fruit or sweet popcorn.
- Yoghurt or chocolate covered dried fruit or nuts.
- Cereal bar or flapjack.

Tooth Care

If you include sugary drinks and snacks in your diet, make sure you follow the tooth care advice given by your dentist. You can also request a copy of 'Looking after your teeth on a high sugar diet'.

If you are still unsure how to improve your diet after reading this leaflet, or are concerned that you are still losing weight, speak with your dietitian, GP or nurse.

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email:

Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance to the hospital.

If you have any queries about your diet, please contact us on 01926 600818, selecting option 3.

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