

INFORMATION FOR PATIENTS

Eastern European snack ideas

This leaflet provides ideas on how to fortify meals with high energy foods and also ideas on high energy snacks. This leaflet is meant to be used as a guide. If you have been given alternative advice from a dietitian please follow that advice.

100 calorie boosters

These boosters are approximately 100 calories each and can be added to meals or eaten alone.

Savoury toppings:

- 1 tablespoon of mayonnaise
- 2 tablespoons creamy horseradish sauce
- 40g satsivi.

Sweet options:

- 1 heaped tablespoon of sugar
- 2 teaspoons of honey
- 2 teaspoons of golden sugar.

Fruit and nuts:

- 1 banana
- 11-12 cashews
- 14-15 almonds
- 2-3 dates
- 25 cherries
- 1 medium apple.

Dairy:

- 150ml whole milk
- 4 tablespoons single cream
- 2 tablespoons double cream
- 75ml evaporated milk
- 30ml condensed milk
- 1 small pot of full fat yogurt
- 3 tablespoons sour cream
- 200ml kefir.

Snacks:

- Bag of crisps
- Small chocolate bar
- 5 jelly babies/sweets
- 2 digestive biscuits.

Snack ideas

Try and aim for 2-3 snacks in between meals to boost your nutritional intake. The following snack ideas are approximately 150-300kcal each.

Savoury snacks:

- Nuts e.g. pistachios, cashews, peanuts
- Pierogi
- Smoked cheese braid (chechil)
- Cheese and crackers
- Sausage roll/savoury pastry

Sweet snacks:

- Stuffed dates
- ½ tin of rice pudding
- Slice of cake
- Pastries
- Sweet snacks e.g. halva, zefir, syrniki
- 2 scoops of ice cream.

Drinks and biscuits:

- Thick milkshake with full cream milk and/or ice cream
- Hot chocolate with full cream milk or ice cream and a digestive biscuit
- Sbiten with biscuits.

Fruit and nuts:

- Tinned fruit with double cream
- 50g pistachio nuts
- 30g walnuts
- 10 Brazil nuts.

Contact details

If you have any queries or need advice, please telephone 01623 676025.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

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