

INFORMATION FOR PATIENTS

South Asian 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:

- 80g cooked basmati rice
- 1 cup mint-coriander chutney
- 3 tablespoons coconut chutney
- 120g raita
- 80g dependent on recipe pachadi
- 30g pol sambol.

Sweet options:

- 1 heaped tablespoon of sugar
- 2 teaspoons of honey
- 2 teaspoons of golden sugar
- Mango or tamarind chutney.

Fruit and nuts:

- 1 tablespoon of peanuts
- ½ A whole mango
- 1 banana
- 11-12 cashews
- 14-15 almonds
- 2-3 dates.

Dairy:

- 40g paneer
- 1 tablespoon ghee
- 150ml whole milk
- 4 tablespoons single cream
- 2 tablespoons double cream
- 50g coconut cream
- 75ml evaporated milk
- 30ml condensed milk
- 1 small pot of full fat yogurt.

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:

- Bhaji, samosa, pakora
- Bombay mix
- Nuts e.g. pistachios, cashews, peanuts
- Nimko.

Sweet snacks:

- Sweets e.g. soan papdi
- Stuffed dates
- Chikki
- Nankhatai
- ½ tin of rice pudding
- Slice of cake.

Drinks and biscuits:

- Masala chai with whole milk, skimmed milk powder and/or condensed milk
- Mango lassi or yogurt-based drink – with full-fat yogurt, whole milk and sugar or honey
- Badam milk with whole milk or skimmed milk powder.

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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To be completed by the Communications office Leaflet code: PIL202609-01-SASI Created: September 2026 / Review Date: September 2028
