

Nourishing Snacks, Desserts and Drinks

Contact dietitian: Telephone no:

Nourishing snacks can provide us with protein, fibre, vitamins and minerals as well as extra calories. For those with a small appetite, it is useful to include snacks between meals to try to maintain a person's weight. Snacks can also be offered in place of a main meal if this is refused.

Savoury ideas

- Cheese and biscuits or crackers
- Nuts
- Crisps
- Cheese straws
- Pastries
- Boiled egg
- Toasted bagel or muffin
- Cubes of cheese

Sweet ideas

- Milk puddings such as creamed rice, semolina
- Fruit pie with custard or ice cream
- Instant dessert such as angel delight, crème caramel
- Individual trifle
- Jelly and ice cream
- Creamy yoghurt with fresh, tinned or stewed fruit, nuts or honey
- Fresh or tinned fruit and cream
- Chocolate
- Teacake, scone or crumpet
- Biscuits
- Sponge cake or sweet pastries
- Ice cream with fruit, nuts, chocolate and sauces



- Sweets such as fudge, toffee, boiled sweets and mints
- Dried fruit such as raisins or apricots

Fortified milk can be used to make some of the sweet suggestions, and this can be made by adding four tablespoons of dried milk powder to one pint of full cream milk.

Nourishing drinks

Milk-based drinks (use fortified milk to make up)

- Hot milky drinks such as Horlicks, Ovaltine, hot chocolate and milky coffee – add cream as desired
- Milk shakes made with fruit juice, milk shake syrup or powder – add a scoop of ice cream for extra nourishment
- Fruit smoothies – blend fruit with milk and ice cream or yoghurt
- Yoghurt drinks – can be bought or made from yoghurt diluted with milk
- Instant soups
- Bovril

Fruit-based drinks

- Fruit juice – fresh or long life
- Fruit juice mixed with fizzy drink
- Fizzy drinks such as lemonade, Lucozade, Coke or Appletize
- Ice cream soda – to be made up by adding ice cream to a fizzy drink
- Avoid low calorie or diet options



Nutritional supplement drinks

Powdered drinks, for example Build-up or Complan, are available from most chemists or supermarkets and are available in both sweet and savoury flavours.

There is also a wide range of nutritional supplement drinks and energy/protein powders available on prescription. These can supplement your intake and help maintain or increase your weight when advice about food has not worked. Please ask your GP or dietitian who should be able to advise you.

