

## Nutrition Support Shopping list for high calorie snacks

The following shopping list is to be used with 'Nutrition support – ideas to help you maintain or gain weight'. It contains examples of foods you could buy to help you meet your higher protein and calorie needs.

*This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice, or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.*

### Savoury Snacks

- Paté
- Sausage rolls, meat, or vegetable pasty
- Scotch egg or pork pie
- Spring rolls or onion bhajis
- Cheese straws or cheese biscuits
- Nuts & seeds or Trailmix
- Crisps, Bombay mix, Prawn crackers
- Beef Jerky
- Peanut Butter
- Pretzels
- Cheese



### Milky Drinks

- Hot Chocolate
- Milky Coffee or Iced Coffee
- Own Brand Flavoured Milk
- Malted Drinks e.g. Ovaltine & Horlicks
- Flavoured milks eg. Yazoo, Nesquik, Frijj, M&M Peanut Drink, Shaken Udder Milkshake
- Full fat/Whole Milk

### Milk Powder

- Own brand skimmed milk powder
- Marvel skimmed milk powder
- Nestle Full Cream Milk Powder

### Over the Counter Supplements

- Complan Nutritional Soup
- Complan Nutritional Drink
- Meritene Energis Drink
- Meritene-Energis Powder
- Meritene-Active Chicken Soup
- AYMES Shakes

### Toppers and Fillers

- Peanut butter and jam on toast
- Hummus with bread/crackers
- Egg mayonnaise
- Tuna and sweetcorn
- Cheese and ham toasty
- Egg and avocado on toast
- Cheese and crackers
- Smoked Mackerel on bread

## Nutrition Support

### Shopping list for high calorie snacks

#### Sweet snacks

- **Cereals:**

- Nature Valley Protein bar
- Bounce Almond Protein Energy Ball
- Eat Natural Protein Bar
- Cliff Bar
- Granola
- Muesli with yoghurt
- Weetabix Protein
- Shreddies Max

- **Yoghurts:**

- Arla Protein Yoghurts
- Mullar Yoghurts
- Chocolate Yoghurts
- Quark
- Thick and creamy yoghurts
- Greek Style Yoghurts

- **Sweets or confectionary:**

- Chocolate
- Fudge
- Toffee
- Chocolate or yogurt-coated dried fruit or nuts

- **Biscuits:**

- Flapjacks
- Oat biscuits
- Shortbread, cookies
- Chocolate coated biscuits

- **Puddings:**

- Ice-cream
- Rice pudding
- Trifle
- Crème brûlée
- Sticky toffee pudding
- Jam or chocolate sponge
- Fruit pies
- Crumble
- Custard
- Cheesecake
- Mousses or instant whips
- Sponge Pudding
- Chocolate Pudding
- Bread and Butter Pudding
- Fruit Puddings

- **Cakes and pastries:**

- Hot cross bun
- Eclairs or cream cakes
- Doughnuts
- Rich fruit cake
- Chocolate brownies
- Turnovers
- Danish pastries
- Buttered teacake
- Scone with butter or jam and cream
- Buttered crumpets
- Croissant or pain au chocolat
- Rum baba or brioche
- Muffins, waffles, or pancakes

