

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
- Iced Coffees
- Own Brand Flavoured Milk
- Flavoured milks eg. Yazoo, Nesquik, Frijj, M&M Peanut Drink, Shaken Udder Milkshake
- Malted Drinks e.g. Ovaltine & Horlicks
- 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



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Sweet snacks

- **Cereals:**
 - Nature Valley Protein bar
 - Bounce Almond Protein Energy Ball
 - Eat Natural Protein Bar
 - Cliff Bar
 - Granola
 - Museli 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 tea-cake
 - Scone with butter or jam and cream
 - Buttered crumpets
 - Croissant or pain au chocolat
 - Rum baba or briôche
 - Muffins, waffles or pancakes