

Ideas for savoury snacks

If you are finding it difficult to maintain weight, or you are losing weight, then the following examples of snacks can be introduced in between your meals to help maintain your weight or promote weight gain.

- Try to have at least three nourishing snacks each day
- Eating little and often can stimulate appetite
- Always choose the higher calorie options such as full fat cheese or milk
- Eat what you fancy when you feel you are able to
- Eat first, drink later. Drinking with meals can make you feel fuller sooner
- Some of these snacks may not be suitable if you have swallowing difficulties or if you are following a neutropenic diet. If you are unsure please seek advice from your medical professional

Store cupboard items

- TUC cheese sandwich biscuit
- Packet of crisps
- Cheese scone
- Crumpet
- Bagel
- Cup of soup
- Handful of nuts

Fridge items

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| <ul style="list-style-type: none"> • Boiled eggs • Mini vegetable samosa • Mini sausage roll • Slice of quiche • Falafel • Chicken bites • Quorn TM | <ul style="list-style-type: none"> • BabybelTM cheese • Mini scotch egg • Mini pork pie • Cocktail sausages • Mushroom/vegetarian pate |
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Calorie boosters

Try adding one or more of the following extras to each of your meals

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| <ul style="list-style-type: none"> • Grated cheese • Meat pate/vegetarian pate • Full fat mayonnaise • Peanut butter • Olive/nut oil • Butter | <ul style="list-style-type: none"> • Salad cream • Hummus • Full fat cream • Full fat milk • Full fat cream cheese • Pesto |
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