

Nourishing Snacks for Residents

Aim for 2 snacks per day in-between meal times. Small snacks can maximise intake for residents with a small appetite and significantly increase their calorie intake. Make snack times more than just a cup of tea and a biscuit. By combining a high calorie snack with a milky drink you could add 400 calories!

Equivalent to 4 plain biscuits!

- 1 Buttered slice of malt loaf
- Small sausage roll
- 1 fairy cake
- Bag of crisps
- Scoop of ice cream
- Thick & creamy yogurt
- Snack size chocolate bar
- Custard or rice pudding snack pot



Equivalent to 6 plain biscuits!

- ½ Teacake with butter and jam
- 1 small pork pie
- 1 Individual fruit pie
- Slice of cake with buttercream
- 1 Individual Trifle
- 1 Ring Doughnut
- 1 Slice of bread with jam and butter



If your residents do like biscuits, try to offer those that are high calories:

- Jam /cream
- Choc oat biscuit



- Choc digestive
- Custard cream



- Bourbon biscuit
- Fig roll



Snack Ideas for a Modified Diet

Please follow Speech and Language Therapy Recommendations

- Mousse
- Thick set creamy Yoghurt
- Milk Jelly
- Custard Snack Pot
- Trifle without fruit pieces

- Blancmange
- Pureed Rice Pudding
- Fruit Fool
- Panna Cotta
- Soaked Cake

- Baked Egg Custard (No Pastry)
- Sago/Semolina Pudding Pureed
- Crème Caramel (No Loose Caramel)
- Pureed Fruit with custard/cream
- Ice Cream (only if normal fluids!)

