



## Nourishing Snack Ideas (150-300 calories per snack)

### SAVOURY- NORMAL TEXTURE & 'EC' EASY CHEW OPTIONS

1 slice of toast and peanut butter (EC if lightly toasted & no crust)  
 1 crumpet with butter (EC)  
 2 crackers and cheese or pate  
 ½ Bagel with cream cheese spread thickly  
 Hot cross bun with butter  
 Scotch pancake and butter (EC)  
 Cereal with full cream milk & 2 tablespoons double cream (EC=wheat biscuits, porridge)  
 Mini pork pie/pasty  
 1 packet crisps  
 Handful dried fruit and nuts  
 Sandwich (1 slice bread) with cheese/meat (EC if no crust & soft filling)  
 1 slice cheese on toast (EC if lightly toasted & no crust)  
 Sausage roll (3 x mini)  
 Samosa/onion bhajis/ spring roll (3 x mini)  
 Bread sticks and dips  
 Medium slice of pizza

### SWEET - NORMAL TEXTURE & 'EC' EASY CHEW OPTIONS

Cake (with cream) (EC)  
 Fruit pie  
 Custard Tart  
 Jam Tart and cream  
 Banana and cream (EC)  
 Thick and creamy yoghurt (EC)  
 Choc Ice (EC)  
 2 scoops ice cream (EC)  
 Chocolate biscuits/shortbread biscuits x 2  
 Buttered malt loaf (medium slice)  
 Fruit and cream (small bowl)  
 Small trifle (EC)  
 Danish pastry  
 Fun size chocolate bar x 2  
 Fortified mousse (EC)  
 Scone with butter and jam  
 ½ a toasted teacake with butter and jam

### SOFT & BITE SIZED LEVEL 6 SNACKS (pieces maximum 1.5cm)

Crème caramel (drain syrup first)  
 Panna cotta  
 Rice pudding pot  
 Banana & extra thick double cream (well –chopped ripe banana)  
 Fruit fool  
 Lemon cake slice with extra thick double cream or custard (well-chopped)  
 Madeira cake with extra thick double cream or custard (well-chopped)  
 Golden syrup cake or Ginger cake with extra thick double cream or custard (well-chopped)  
 Smooth Brussels pate, on its own from a spoon (3 tablespoons)  
 Houmous – on its own (3 tablespoons)

### 'PUREED' LEVEL 4 SNACKS

Fortified smooth mousse  
 Thick smooth yoghurt/ fromage frais/ natural yoghurt  
 Custard pot  
 Other smooth desserts e.g. fruit fool  
  
 Smooth Brussels Pate (on its own) - 3 tablespoons  
 Smooth Houmous (on its own) - 3 tablespoons