

# Nourishing Snacks

If you cannot eat full portions of meals, including snacks between meals can help to increase your overall intake of food and nutrients. Try to have 2-3 small nourishing snacks per day in addition to meals, so that you are eating little and often regularly.

**Important note:** Snack ideas are listed below and have been split into savoury and sweet options. Guidance has also been given on their texture, if you have been recommended a texture modified diet, you can try options from the appropriate section. If you are **not** following a texture modified diet, you can try options from any section.

## Savoury snacks - Normal texture and Easy to chew (EC) options

- 1 slice of toast and peanut butter (EC if lightly toasted and no crust)
- 1 crumpet with butter (EC)
- 2 crackers with cheese or pate
- Half a bagel with cream cheese spread thickly
- Hot cross bun with butter
- Scotch pancake and butter (EC)
- Breakfast cereal with full fat milk and 2 tablespoons of double cream
- Mini pork pie or pasty
- 1 packet crisps
- Handful of dried fruit and nuts
- Sandwich (1 slice bread) with cheese or meat (EC without crust and soft filling)
- 1 slice cheese on toast (EC if lightly toasted and no crust)
- Mini sausage rolls
- Samosa, onion bhajis, spring rolls
- Bread sticks and dips
- Medium slice of pizza

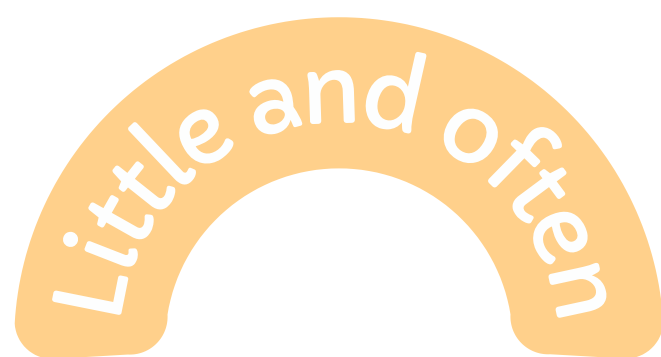
## Sweet snacks - Normal texture and Easy to chew (EC) options

- 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
- Buttered malf loaf
- Fruit and cream
- Small trifle (EC)
- Danish pastry
- Chocolate bar
- Mousse (EC)
- Scone with butter and jam
- Half a toasted tea cake with butter and jam

Little and often

## Soft and 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 (3 tablespoons)
- Houmous – on its own (3 tablespoons)



## Pureed 'Level 4' Snacks

- Fortified smooth mousse
- Thick smooth yoghurt/fromage frais
- Custard pot
- Other smooth desserts e.g. fruit fool
- Smooth Brussels pate - on its own (3 tablespoons)
- Smooth houmous - on its own (3 tablespoons)
- Smooth tuna mayonnaise (3 tablespoons)
- Smooth egg mayonnaise (3 tablespoons)
- Smooth coronation chicken (3 tablespoons)

Nutrition and Dietetics

Harrogate and District NHS Foundation Trust

Contact number: 01423 553329

Email: [hdft.dietitians1@nhs.net](mailto:hdft.dietitians1@nhs.net)