

Snacks



Did you know?

Having smaller meals with snacks in between can help people to eat well if their appetite is poor.

Suggestions for snacks and drinks

Savoury	Sweet	Dessert	Drinks
Crisps	Dried fruit	Fruit and custard	Milk – full fat/fortified
Sausage rolls	Small chocolate bar	Ice-cream	Milky coffee
Toasted crumpets and cheese	Scones with jam and cream	Mousse	Plain cocoa with milk
Nuts	Chocolate digestives	Trifle	
Samosas, pakoras, bhaajis	Banana	Full fat yoghurt	Drinks (higher sugar)
Pork pie or pasties	Malt loaf	Rice pudding	Hot chocolate & marshmallows
Creamy soup	Jelly sweets	Cream meringues	Fruit juice
Hummus and bread sticks	Croissant, pain au chocolat	Milk jelly	Malted milk drink
Cheese and biscuits	Shortbread	Tinned fruit in syrup	Milkshake
Toast with butter	Cakes		Fruit smoothies
	Flapjack		
	Muffins		

Be sugar aware

Sugary food and drink between meals can cause more damage than at mealtimes. Aim to encourage savoury snacks between meals and sweet options as puddings. It is important to promote good oral hygiene.

Check food labels to avoid 'hidden' sugars – they come under many names. Most sugars end in 'ose' such as glucose, sucrose, fructose. Look out for caramel, honey, maple, syrup, treacle, agave.

For someone with special dietary needs, such as swallowing difficulties or diabetes, follow the advice from relevant health professionals. A review of this will be needed if the person is at risk of malnutrition.

Adapted from Eating and Drinking Well with Dementia: www.bournemouth.ac.uk – Ageing and Dementia Research Centre



For recipe ideas see the Food First Recipes booklet at www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources