

Simple Nourishing Snack Ideas For Patients From The Ward Kitchen

The foods in the table below are mostly high in protein and energy. They can be suitable for in between meals, as a snack for patients with small appetites or patients needing extra energy and protein to recover. Patients need a minimum of two snacks per day providing at least 300kcal and 4g protein per day. Contact your local dietitian for more information about suitable snacks for your patients.

Food type	Order code	High energy/ high protein snacks portion size	Energy (Kcal) per portion	Protein (g) per portion	Vegetarian	Vegan	Allergens (may contain)	IDDSI level
Cereals, cakes and breads	White bread: 19412 (Bidfood) Butter: 8332 (Bidfood) Sunflower Spread: 75341 (Bidfood) Jam: 14135 (Bidfood)	1 slice of white bread 1 portion of butter/spread 1 portion of jam	184 - 200	4	Vegetarian	Yes (if using spread)	Milk, gluten	7
	Wholemeal bread: 11654 (Bidfood) Butter: 8332 (Bidfood) Sunflower Spread: 75341 (Bidfood) Jam: 14135 (Bidfood)	1 slice of wholemeal bread 1 portion of butter/spread 1 portion of jam	169 - 185	3.8	Vegetarian	Yes (if using spread)	Milk, gluten (soya, sesame)	7
	Scone: 88070 (Bidfood) Butter: 8332 (Bidfood) Sunflower Spread: 75341 (Bidfood) Jam: 14135 (Bidfood)	1 scone 1 portion of butter/spread 1 portion of jam	301 - 317	5	Vegetarian	Yes (if using spread)	Milk, gluten, (egg)	7
	Blueberry muffin: 19056 (Bidfood)	1 Blueberry muffin (82g)	307	3.8	Vegetarian		Milk ,gluten, eggs (sesame and soya)	7
	Gluten free Chocolate muffin: 35803 (Bidfood)	1 Gluten free chocolate muffin (85g)	375	5.8	Vegetarian		Eggs, tree nuts (peanuts)	7
	Cream crackers: ADB501 (NHSSC) Butter: 8332 (Bidfood) Sunflower Spread: 75341 (Bidfood) Cheese: 6492 (Bidfood)	2 cream crackers 1 portion of butter/spread 1 portion of cheese	195 - 211	1.6	Vegetarian		Milk, gluten (eggs, soya)	7
	Phat porridge pot: 16527 (Bidfood)	1 porridge pot (65g)	243	10	Vegetarian		Gluten, milk (peanuts, sesame, soya beans, tree nuts)	7

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Milk or soya based foods	44777 (Bidfood)	1 pot of Muller rice (180g)	193	5.4	Vegetarian		Milk	7
	07413 (Bidfood)	1 pot of Muller Thick and creamy yoghurt (110g)	140	5.6	Vegetarian		Milk,	*
	33891(Bidfood)	1 pot of Alpro soya dessert (125g)	106	0.5	Vegetarian	Vegan	Soya bean	*
	4528 (Bidfood)	1 portion of strawberry ice cream (75g)	118	1.7	Vegetarian		Milk	7
Sugary, fatty foods	ADT722 (NHSSC)	1 packet of Lightly salted Tyrells crisps (40g)	196	2	Vegetarian	Vegan		7
	ADS853 (NHSSC)	1 Individual carrot cake (70g)	269	3	Vegetarian		Gluten, eggs, milk, tree nuts	7
Fruit	Apple: 84659 (Bidfood) Banana: 26500 (Bidfood)	1 piece of fresh fruit (small) - chopped	25 - 75	<1	Vegetarian	Vegan		7

*IDDSI level: Check the IDDSI level of this product with your dietitian or speech and language therapist.

References: British Dietetic Association (2019) The Nutrition and Hydration Digest 2nd Edition | Scottish Government (2016) Food in Hospitals Revised Edition

Note: all products are also available from other suppliers

