

### Mega Milkshake

570 calories, 19.5g protein

#### Ingredients:

- 200ml fortified full cream milk
- 1 scoop ice-cream (any flavour)
- 1 tbsp. milkshake powder (e.g. Nesquik)
- 1 tbsp. double cream (30ml)



Mix all ingredients in a blender or jug and serve cold.  
Try adding fresh fruit, whipped cream or chocolate sauce.

#### Fortified Milk

300 calories, 20g protein

300ml full cream milk + 2 tablespoons skimmed milk powder

Mix a smooth paste using a small amount of milk, slowly add remainder of milk. Store in the fridge and use in drinks and recipes.

### Fruit Juice Boost

314 calories, 11g protein

#### Ingredients:

- 200ml fresh fruit juice (e.g. orange or apple)
- 30g (2 tablespoons) of skimmed milk powder
- 40g (2 tablespoons) of syrup or honey



Mix all ingredients in a blender or jug and serve chilled.  
Lemonade can be added for extra fizz

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656.

## Nourishing Snacks & Drinks

Quick & easy savoury and sweet suggestions



## Nourishing Snack Ideas: Savoury

### Pastry

1 mini pork pie  
 (200 calories, 5g protein)  
 2 mini Cornish pasties  
 (210 calories, 4g protein)  
 1 small sausage roll  
 (240 calories, 5g protein)

### Egg

1 scotch egg  
 (270 calories, 11g protein)  
 Fortified scrambled egg  
 (1 medium egg + 10g butter  
 + 15ml double cream  
 (295 calories, 16g protein)

### Cheese

30g (matchbox size) cheddar  
 Cheese on 1 slice toast  
 (210 calories, 11g protein)  
 100g soft cheese + 2 rye  
 crackers + 30g seeds  
 (320 calories, 9g protein)

### Spreads

40g pate (e.g. Brussels) +  
 1 x slice buttered toast  
 (304 calories, 9g protein)  
 30g peanut butter + 1 small  
 Banana on 1 x slice toast  
 (400 calories, 12g protein)

### Fish

½ tin mackerel in curry sauce  
 + small baked potato  
 (380 calories, 12g protein)  
 ½ tin sardines in tomato sauce  
 on 1 slice buttered toast  
 (260 calories, 12g protein)

### Meat

5 chicken nuggets (100g)  
 (255 calories, 14g protein)  
 2 salami sticks  
 (270 calories, 11g protein)  
 1 thick slice corned beef +  
 1 buttered pitta bread  
 (280 calories, 14g protein)

### Bread

75g pizza slice (e.g. margherita  
 cheese or pepperoni)  
 (240 calories, 9g protein)  
 3 oat cakes + 50g hummus  
 (235 calories, 5g protein)

### Potato

Chips (small bowl 100g)  
 (280 calories, 3g protein)  
 1 potato waffle + 1 fried egg  
 (210 calories, 10g protein)  
 Baked potato + ½ tin b. beans  
 (340 calories, 11g protein)

## Nourishing Snack Ideas: Sweet

### Biscuit

3 flapjack mini bites  
 (210 calories, 3g protein)  
 2 chocolate digestives  
 (170 calories, 2g protein)  
 2 shortcake biscuits  
 (180 calories, 2g protein)

### Chocolate/Sweets

1 standard chocolate bar  
 (260 calories, 4g protein)  
 6 mini variety chocolates  
 (260 calories, 2g protein)  
 4 pieces of fudge (56g)  
 (240 calories, 0g protein)

### Bread

1 slice bread + butter +  
 Nutella or peanut butter  
 (265 calories, 5.5g protein)  
 120g bread & butter pudding  
 + 5ml evaporated milk  
 (460 calories, 10g protein)

### Cake

1 cream & jam doughnut  
 (235 calories, 4g protein)  
 1 individual fruit pie + 30ml  
 double cream  
 (485 calories, 2g protein)  
 1 small cheesecake  
 (260 calories, 3g protein)

### Pastry

1 Eccles cake  
 (400 calories, 4g protein)  
 1 croissant + butter + jam  
 (405 calories, 5g protein)  
 1 chocolate éclair  
 (235 calories, 4g protein)

### Dairy

125g rice pudding pot + jam  
 (175 calories, 4g protein)  
 100g crème brulee pot  
 (325 calories, 4g protein)  
 1 x 60ml mini 'Magnum'  
 (170 calories, 2g protein)

### Toasted

1 waffle + 30ml golden or  
 maple syrup  
 (220 calories, 2g protein)  
 1 slice fruit bread + 10g  
 butter + 15ml honey  
 (250 calories, 4g protein)

### Fruit & Nuts

Handful mixed nuts/raisins  
 (250 calories, 11g protein)  
 1 banana + scoop ice-cream +  
 syrup + chopped nuts  
 (281 calories, 5g protein)  
 25g chocolate peanuts  
 (280 calories, 8g protein)