

Patient Information

Super Snacks & Drinks Ideas

Super snacks are the healthiest options, packed with vitamins and minerals, and are based on fruit, dairy and starch. Great for when the kids get in from school.

Why not try the following:

- Fresh fruit like apples, satsumas and bananas..... whatever they enjoy.
- Tinned or chopped fruit in a pot. Add an individual pot of yoghurt for a boost of calcium.
- Mashed banana on a slice of toast. A great way to use up the bananas that have been left to go soft and spotty!
- A slice of malt loaf or fruit bread with spread.
- A couple of crunchy crackers or rice cakes with cottage cheese or a reduced fat spreading cheese. Add marmite if you love it or leave it out if you hate it! If you're not keen on crackers or fancy a change then swap the crackers for a slice of toast or a toasted crumpet, or half a bagel or half an English muffin.
- A small bowl of low sugar cereal. Either eat it dry on its own or add skimmed or semi-skimmed milk. For extra sweetness why not chop in a banana or throw on some dried fruit.
- Have fun popping your own popcorn. Great in a bowl to nibble away at.
- Small teacakes, currant or hot cross buns warmed in the microwave for 10-15 seconds and its extra yum even without any spread.
- Chop up vegetable sticks and dip in a small pot of salsa, cottage cheese, reduced fat spreading cheese or reduced fat houmous. Alternatively swap the vegetable sticks for a bag of mini breadsticks.
- Whizz up fruit in a blender to make a smoothie and add low fat natural yoghurt for extra creaminess.
- Mix up different dried fruits that take your fancy and portion it up into mini pots. Handy at home, or on the run.

Snack and Drink Swapper

Instead of this.....	Swap for this.....
Ordinary crisps	<ul style="list-style-type: none"> ▪ A small packet of reduced fat / baked varieties of crisps. ▪ A small packet of pretzels / twiglets. ▪ A small packet of flavoured rice cakes. ▪ An individual bag of bread sticks with a salsa dip.
Ordinary sized chocolate bar	<ul style="list-style-type: none"> ▪ Fun sized chocolate bar. ▪ 2 finger Kit-kat / chocolate coated biscuit. ▪ Share a Twix or Twirl between two.
Sweets	<ul style="list-style-type: none"> ▪ A pot of grapes or other chopped fruit. ▪ Have some fun popping your own popcorn. ▪ A small pot of dried fruit.
Plain biscuits like digestives and Hobnobs.	<ul style="list-style-type: none"> ▪ A couple of plain biscuits like rich tea, gingernuts, garibaldi or fig rolls.
Chocolate coated biscuits like chocolate digestives or chocolate coated hobnobs.	<ul style="list-style-type: none"> ▪ A couple of biscuits like chocolate bourbons, chocolate chip cookies or a small chocolate coated wafer.
Fancy cakes	<ul style="list-style-type: none"> ▪ A small currant or hot cross bun with spread. ▪ A small fruit scone with spread. ▪ A slice of fruit loaf with spread. ▪ A slice of madeira/banana/carrot cake. ▪ A slice of malt loaf with spread.
Fizzy drinks/squash	<ul style="list-style-type: none"> ▪ Water or skimmed milk. ▪ Fruit juice diluted with fizzy water.
Ordinary hot chocolate	<ul style="list-style-type: none"> ▪ Low sugar hot chocolate drink e.g. Highlights or Options. Supermarkets also do their own versions. ▪ No added sugar squash. ▪ Diet fizzy drink.
Milkshake	<ul style="list-style-type: none"> ▪ Fruit smoothie made with natural Yoghurt.
Ice cream/lolly	<ul style="list-style-type: none"> ▪ Small portion of reduced fat ice cream. ▪ Small portion of sorbet. ▪ Mini milk. ▪ Homemade ice lolly made from fruit juice or no added sugar squash.

Down a drink

- Don't forget to add a drink but remember the best options are water, skimmed or semi-skimmed milk.

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