



If you are trying to increase your calories or stop taking your nutritional supplements, you need to take suitable alternatives to ensure you do not lose weight.

An average nutritional supplement drink contains 300 calories and 12g of protein. Below are some snack ideas that have similar calorie contents that are good to include in the diet:

Snack	Calories (Kcal)	Protein (grams)
Plain scone with butter and jam spread thick	272	4
Two plain digestive biscuits with cheese	305	12
Hot chocolate drink made with full cream milk and one digestive biscuit	295	10
Bar of milk chocolate	285	5
Danish pastry	400	6
Packet of crisps and glass of full cream milk	328	10
One croissant with butter	290	5
One slice of toast with melted cheese	243	13
One packet of peanuts	300	13
Two chocolate digestive biscuits and a glass of full cream milk	342	10
One slice of fruit cake and butter	286	3
One portion of trifle	272	6
One medium sausage roll	286	4
One small pork pie	282	7
Sponge pudding and custard	440	9

CONFIDENTIALITY AND THE USE OF PATIENT INFORMATION

NHS Lanarkshire take care to ensure your personal information is only accessible to authorised people. Our staff have a legal and contractual duty to keep personal health information secure, and confidential. In order to find out more about current data protection legislation and how we process your information, please visit the Data Protection Notice on our website at www.nhslanarkshire.scot.nhs.uk or ask a member of staff for a copy of our Data Protection Notice.

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General Enquiry Line:
0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.scot
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail:
Translation.Services@lanarkshire.scot.nhs.uk



www.careopinion.org.uk

Pub. date:	October 2022
Review date:	October 2024
Issue No:	03
Clinical Lead:	