**Nutritious Snacks**

**Choose the snacks below to fit into your meal plan. Try to vary what you have so you don’t get stuck on the same foods**.

**Energy Boosts**

**Quick snacks**

**Vital Dairy**

**These foods contain calcium and protein to keep bones and muscles strong**

**Yoghurts**

* Fruit or crunch corner yoghurt
* Muller\* rice
* Yoplait ‘Perle du Lait’
* 120g Greek yoghurt or whole-milk yoghurt topped with a handful of berries and 1 tbsp seeds / nuts
* 2 scoops ice cream / frozen yoghurt with a chopped banana

**Drinks**

**Have the following drinks with 1 chocolate or 2 plain biscuits**

* Make your own smoothie: 200ml milk blitzed with 1 banana
* Milkshake: mix 200ml milk with 3tsp Nesquick powder
* Hot chocolate: made with 200ml milk and regular hot choc powder
* Complan milkshake or smoothie

**Starchy Snacks**

**These foods contain plenty of carbohydrate to provide your body with energy throughout the day**

increase

* 1 fruit scone with butter or jam
* 2 slices malt loaf with butter
* 30g nuts
* 40g dried fruit and nut mix
* Chocolate mini roll with 200ml milk
* Cake bar with 200ml milk
* Chocolate biscuit bar with 200ml milk
* Mr. Kipling\* cake slice with 200ml milk
* 2 finger Twix bar
* 4 finger Kit Kat
* 2 fun size chocolate bars
* Individual trifle pot
* 40g pack of crisps

**Choose a base and add a topping**

|  |  |
| --- | --- |
| Bases | Toppings |
| 1 hot cross bun | Honey |
| 1 tea cake | Jam |
| 1 English muffin | Marmite |
| 1 bagel | Butter |
| 2 crumpets |  |
| 2 slices baguette  2 scotch pancakes |  |

**Breads and crackers**

* Breakfast cereal (40g) with 200ml milk
* 2 oatcakes with peanut butter or hummous
* 1 slice bread or toast with peanut butter
* 1 pitta bread with hummous orsoft cheese

**Cereal bars and biscuits**

* Breakfast biscuits – pack of 4, or pack of 2 with filling
* Belvita\* breakfast soft bakes x 1
* Nature Valley granola bar
* Eat Natural bar
* Graze snack boxes
* 9 bar
* Trek bar