

100kcal Snacks to Help with Weight Gain (and variable protein)

Try eating something from this list often to help boost your daily intake

<i>These are healthiest so try to eat them often:</i>	<i>These are not as healthy so eat ones from the healthy column too; not just these ones:</i>
<ul style="list-style-type: none"> ◆ 100ml whole milk + 10g (2 teaspoons – 1 tablespoon) skimmed milk powder, with flavouring if preferred. ◆ 150ml whole milk, with flavouring if preferred. ◆ Small handful (30g) of peanuts. ◆ 5 brazil nuts (15g). ◆ Small handful (20g) cashew nuts. ◆ 2 fish fingers. ◆ Small portion (30g) flapjack. ◆ Fruit flakes with yoghurt coating ◆ 30g hummus with crisps, a pitta bread or breadsticks. ◆ 1 pot (about 150g) jelly. ◆ 30g banana chips. ◆ 5 (50g) dried apricots. ◆ 6 (60g) prunes. ◆ 2 - 3 (40g) dates. ◆ 1 heaped tbsp sultanas (35g). ◆ 20g seeds e.g. pumpkin or sunflower seeds. ◆ Bottle/ carton (250ml) smoothie. ◆ Cream cheese snack pack (the ones with a portion of breadsticks/ crackers and a portion of cheese). ◆ 1 - 2 Petit Filous yoghurts. ◆ 1 pot (about 125g) yoghurt. ◆ Probiotic drink e.g. Actimel, Yakult. ◆ Benecol drink. ◆ ½ of an avocado. ◆ Small banana. ◆ 1 cereal bar. 	<ul style="list-style-type: none"> ◆ 200ml milkshake e.g. Friji, Yazoo. ◆ 1 mini croissant or pain au chocolat. ◆ 75ml evaporated milk. ◆ 30ml condensed milk. ◆ ½ crumpet + 1 teaspoon peanut butter. ◆ 1 scoop (60g) or 1 individual ice-cream. ◆ 1 mini muffin. ◆ Medium spread (16g) peanut butter. ◆ ⅓ - ½ a pasty. ◆ ½ an individual apple pie. ◆ Thin slice (50g) pizza. ◆ ½ a Pop Tart. ◆ 2 poppadoms. ◆ ½ a pot or pack of instant noodles. ◆ 1 potato waffle. ◆ 6 – 7 prawn crackers. ◆ 20g Pringles. ◆ 100g (½ a pot) rice pudding. ◆ 1 chipolata or small sausage. ◆ 2 cocktail sausage rolls or 1 snack size sausage roll. ◆ ½ a Scotch egg or 2 mini savoury egg bites. ◆ 1 individual cake e.g. scone, bakewell tart. ◆ ½ an individual pudding e.g. trifle, tiramisù. ◆ 1 fun/ snack sized bar or 4 squares chocolate. ◆ 2 fingers of KitKat. ◆ 1 large biscuit e.g. Wagon Wheel, large cookie. ◆ ½ a crunchie. ◆ 1 fudge bar. ◆ 1 bag of mini biscuits. ◆ 2 medium sized biscuits e.g. custard creams, digestives. ◆ 30g cheese. ◆ 25ml double cream. ◆ Small bag (25g) crisps. ◆ 5 jelly babies. ◆ 2 heaped tsp (35g) honey. ◆ 2 heaped tsp (35g) lemon curd.