

Meal and Snack list for outpatients		
If you are immunocompromised (neutropenic) or have diabetes some of these foods may not be suitable. Please check with your dietitian		
	Calories (kcal)	Grams of protein
Small Meals/Snacks		
Wheat biscuit (2) add 200 ml whole milk + ½ banana	327	11.2
Breakfast on the go drink (250 ml)	209	8.8
Breakfast biscuits (50g = 4 biscuits)	232	4
Porridge (40 gram) made with 200ml whole milk	279	10.7
Cooked breakfast (1 sausage, 1 bacon, 1 scrambled egg)	327	15.5
Cottage cheese (125 g)	110	18
Baked beans (200 g)	160	9.4
Boiled egg/poached egg (1)	88	8
Sandwich	310	19
Cheese and crackers (28 g cheese;2 crackers;15 ml butter	256	9
Mashed potato add 15 ml butter;15 ml double cream	130	1.5
Baked potato with tuna in oil, mayonnaise and butter	494	19.2
Fortified soup (55 g) made with 150 ml hot water	207-243	7-8.7
Tinned soup 1/2 tin add 15 ml double cream 15ml dried milk powder	225	6.6
Jelly (125 g) not sugar free add 30 ml double cream	215	1
Ice cream (1 scoop)	116	2
Chocolate bar (approx 60 g bar)	300	3
Rice pudding (150 g = 1 pot)	159	4.5
Custard (135 g = 1 pot)	138	4
Fruit cake (60g)	212	3
Sponge cake with custard	319	6
Full fat yogurt (1 average pot)	135	6
Crisps (30g)	161	2
Plain biscuit x 1	70	1
Drinks		
Glass of whole milk (200ml)	136	6.7
Commercial milkshake (471 ml)	344	19
Soya milk (250 ml) with added calcium, vitamin A and D	105	6
Fruit smoothie (200 ml pineapple juice, 1 banana, 100g Probiotic drink; 30 ml dried milk powder)	353	14.7
Malted milk drink made with 30 ml dried milk powder	175	12
Fruit juice (125ml)	74	Trace
These can be added to fortify your foods or drinks		
Dried milk powder (30g = 2 Tbsp.)	100	10
Chocolate and hazelnut spread (30 ml or 2 Tbsp.)	200	2
Double cream (30ml or 2 Tbsp.)	149	1.2
Cream cheese (15 ml or 1 Tbsp.)	51	1
Butter or margarine (10g or 2 tsp)	74	Trace
Avocoda, ½ mashed	161	2
Cheddar cheese (20g)	82	5
Mayonnaise (15 ml or 1 Tbsp.)	90	Trace
Sugar (5 ml or 1 tsp)	20	Trace