

## Examples of nourishing snacks

Equivalent to 4 plain biscuits			
<b>Ham sandwich</b>	1 slice, butter and ham	<b>Ice cream</b>	1 scoop
<b>Fairy cake</b>		<b>Yoghurt</b>	Thick and creamy
<b>Malt loaf</b>	1 slice with butter	<b>Meringue nest and cream</b>	
<b>Fruit scone</b>	½ scone with butter and jam	<b>Cereal bar</b>	e.g. Trackers, Jordons
<b>Hot cross bun</b>	½ bun with butter and jam	<b>Dried fruit</b>	Handful, e.g. raisins, sultanas
<b>Sausage roll</b>	medium	<b>Full fat custard or rice pudding</b>	Individual pot
<b>Crisps</b>	standard packet	<b>Chocolate bar</b>	Snack size
Equivalent to 6 plain biscuits			
<b>Teacake</b>	½ with butter and jam	<b>Bakewell tart</b>	Individual
<b>Crumpet</b>	1 crumpet, with butter and jam	<b>Fruit pie</b>	Individual
<b>Sponge or fruit cake</b>	1 slice	<b>Doughnut</b>	Mini or ring
<b>Pork pie</b>	medium	<b>Trifle</b>	Individual
<b>Jam/pate sandwich</b>	1 slice, butter, jam		
Equivalent to 8 plain biscuits			
<b>Flapjack</b>	Small slice	<b>Danish pastry</b>	
<b>Malt loaf</b>	2 slices with butter	<b>Chocolate</b>	Standard bar: e.g. Mars, Twix
<b>Fruit scone and cream</b>	½ fruit scone with butter, jam and whipping cream	<b>Cheese and biscuits</b>	2 crackers with butter and cheddar