

Super Snacks

for people with cystic fibrosis

A healthy, balanced diet is still important for children and adolescents with cystic fibrosis (CF) but they do have higher energy requirements. Having three high calorie snacks per day is an important way to increase energy intake in the diet. Other adjustments to the diet may also be required to increase energy intake. Please see the CF dietitian if you are concerned about your child's diet or weight.

Toddlers: aim for 100-200 calories per snack, three snacks per day.

5 - 10 years old: aim for 200-300 calories per snack, three snacks per day.

Over 10 years old and teenagers: aim for 300-500 calories per snack, three snacks per day.

Snacks

High calorie snacks	Calories	Fat Content (g)
Custard		
> Yogo: banana split, berry blast or choc vanilla, 150g	150	4
> Yogo Mix, 150g	250	9
> Foster Clark custard cup, 140g	130	4
> Nestle Milo, 100g	140	5
> Nestle Milo, 150g	200	7
> Pauls chocolate, 1 cup	290	7
Creamed Rice (Heinz), Chocolate	260	6
Fruche, 125g	100	1
Le Rice	170	4
Mousse, Nestle Chocolate, 60g	130	5
Yoghurt		
> Dairy Farmers Thick and Creamy, Yoplait Original 170g	190	6
> Nestle Children's Yoghurt, 95g	100	3
> Go-Gurt, 100g	110	2
> Bulla Greek Style	280	7
> Tamar Valley Greek Style	300	9

More high calorie snacks	Calories	Fat Content (g)
Ice Cream		
> Regular, per scoop	100	6
> Paddle Pop/Billabong	100	3
> Choc Wedge	170	11
> Heaven/Magnum	300	20
> Drumstick/Cornetto	240	14
> Golden Gaytime	240	15
Cheese: 2 x Babybel Mini, 2 x Laughing Cow cube, 2 x Kraft Cheesetiks		
Bars		
> Uncle Toby's muesli bar	100	4
> K-time twist bar	120	1
> K-time muffin bar	170	3
> LCM bar	100	2
> Milo energy bar	100	1.5
> Nutri grain bar	130	3
> Be Natural nut bar	250	15
> Cadbury Brunch bar	230	10
> Europe: Honey Log or Summer Roll	200	11
Jatz biscuits (6)		
> with 20g cheese (1 thin slice)	200	13
> with dip (2 Tbs)	200	15
> with Kraft cheese spread (2 Tbs)	250	17
4 crackers (Vita Weat, Premium, Sao) and 1 medium piece of fruit (apple/pear/banana)		
Le snak	100	6
Nuts, roasted		
> Cashews (30 nuts, 45g)	270	22
> Peanuts (1/4 cup, 35g)	205	17
> Mixed nuts (30 nuts)	285	26
Dried fruit and nuts (1 large handful, 50g)		
Sultanas, 1 box	130	0
Banana, 1 medium	100	0
Fruit salad, canned in syrup, per ½ cup	100	0
Celery sticks (4) filled with 2tbs peanut butter	250	20

More high calorie snacks	Calories	Fat Content (g)
Crumpet with 2tsp margarine & 1tbs honey	230	8
English muffin (½) with 1 tsp margarine	110	5
Hot cross bun (½) with 2 tsp margarine	150	11
Pikelets (2) with 1tsp margarine on each	130	12
Raisin toast with 2 tsp margarine	170	8
Toast (per slice)		
> with 1tsp margarine & 1tsp jam/honey	110	5
> with 2 tsp peanut butter	120	6
> with 2 tsp nutella	120	4
> with 1 thick slice cheese	190	11
Baked beans (½ cup)	125	1
Chocolate		
> Cadbury chocolate, 1 row (6 squares)	130	7.5
> Cadbury Dairy milk bar, Mars bar (fun size)	100	5
> Caramello Koala	100	4.5
> Tim Tam	100	5
> Mars bar	280	10
> Picnic bar	270	17
> Snickers bar/Twix bar	290	14
Chips		
> 25g packet	130	8
> 50g packet	260	16
Shapes, 25g packet	130	6
Tiny Teddies, 25g packet	120	4
Frankfurt	100	9
Lamington fingers (2)	140	4
Cinnamon donut	250	14
Iced cupcake	160	5
1 large sweet muffin	280	13
Donut (Balfours, iced)	500	31
Custard tart	290	12
Lamington fingers (3)	210	6
French fries, medium	370	20
2 minute noodles, Maggi	280	15

Beverages

Beverage	Calories	Fat Content (g)
250ml (1 cup) Full cream milk	160	9
250ml (1 cup) Fortified milk		
(250ml Full cream milk + 2 heaped tablespoons of skim milk powder)	250	9
375ml Flavoured milk	270	8
600ml Flavoured milk	430	10-20 (check label)
Milkshake recipe (see below)	410	27
250ml Fruit juice (unsweetened)	100	1
250ml Soft drink or cordial (standard dilution)	100	0

High calorie milkshake recipe

- > 200ml full cream cows milk
- > 2 tablespoons cream
- > 1 scoop ice cream
- > Flavour of your choice

Add extra calories to meals

Food	Quantity to provide 100-200 calories	Fat content (g)
Olive/canola oil	1 tablespoon	20
Butter/margarine	3 teaspoons	12
Mayonnaise	1 tablespoon	15
Peanut butter	1 tablespoon	10
Cheese	30g (size of a small matchbox)	10
Cream (thickened or sour cream)	2 tablespoon	14
Cream (double)	1 tablespoon	10
Cream cheese	2 tablespoons	13
Avocado	½ medium	13

Food product information contained in this resource was up to date at the time of revision. If you are not sure about a food, check with the manufacturer.

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