

Snack Attack

Bursting With Calories

The following snacks contain approximately 450 calories.

SAVOURY

- 100g bag peanuts
- Individual pork pie
- ½ large tube Pringles
- Pot Noodle
- Large (100g) bag of tortilla chips
- Meat pastie
- 1 large slice buttered toast with small tin spaghetti



TAKE-AWAY

- Shop bought sandwich with mayonnaise
- ½ large pepperoni pizza
- McDonald's Big Breakfast
- Sausage and egg McMuffin
- Quarter pound burger, eg; Big Mac, Burger King Whopper
- Portion of large fries
- Take-away milkshake
- 8 chicken dippers
- Portion of Chinese beef in black bean sauce
- Portion of chicken tikka massala with rice
- Portion of chicken korma with rice
- 2 large meat samosas
- 1 large naan bread
- Kebab with meat and salad

- Large jacket potato with butter and cheese
- 1 average portion 'chip shop' chips
- 1 average battered 'chip shop' fish
- 1 McDonalds Happy Meal with fries and a milkshake



SWEET

- 200g bag toffee popcorn
- 12 Cadbury's heroes or Celebration chocolates
- 1 large chocolate covered flapjack



Good Little Energy Providers

The following snacks contain approximately 250 calories.

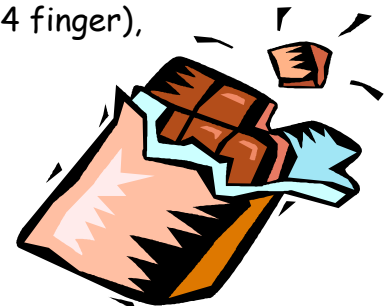
SAVOURY

- 1/3 tube of Pringles
- Toasted cheese and ham sandwich
- Large sausage roll
- Large packet of crisps e.g. Walkers Max
- 1 large scotch egg
- $\frac{1}{4}$ slice of medium quiche
- 2 crackers with cheese spread or butter and cheese
- 400ml whole milk



SWEET

- Standard size chocolate bar e.g. Mars, Snickers, Kitkat (4 finger), Yorkie
- Danish pastry
- Hot cross bun with butter
- Large scone with butter and jam
- Ice-cream e.g. Magnum, Snaickers, cornetto
- Fresh cream cake e.g doughnut
- Custard slice
- 100g ($\frac{1}{2}$ large bag) jelly sweets e.g haribos, jelly babies



TAKE-AWAY

- Take-away burger e.g McDonalds, Burger King
- Portion of Kentucky Fried Chicken
- Portion of medium takeaway fries
- Portion of sweet and sour pork
- $\frac{1}{4}$ large deep pan pizza
- $\frac{1}{2}$ large naan bread
- 4 small onion bhajis
- 2 vegetable samosas
- portion chicken bhuna with rice
- Take-away thick milkshake



Quick Calorie Boost

The following snacks contain approximately 150 calories.

SAVOURY

- Portion regular take-away fries
- 1 large pepperoni sausage
- 2 snack size sausage rolls
- 1 packet crisps (standard size)
- Cup-a-Soup with creoutons
- 1 packet mini cheedars
- 1 large handful Bombay Mix
- 1 bowl of cereal with whole milk



SWEET

- Cereal bar e.g Frosties, Coco Pops
- 'Fruit Corner' yoghurt e.g. Muller
- Mousse or custard dessert e.g. Ambrosia, Milky bar Mousse
- 1 chocolate mini roll
- 2 digestive biscuits
- 1 choc ice
- 1 cake bar e.g. Milky Way
- 3 Jaffa Cakes



Contact us:

If you have any questions or concerns regarding this information, please contact one of our CF Dieticians:- on 0121 424 1796 (direct line with answer phone) 0121 424 2000 Bleep 2425 or email: joanne.barrett@heartofengland.nhs.uk, toni.osborne@heartofengland.nhs.uk, elizabeth.glennon@heartofengland.nhs.uk, rebecca.jones@heartofengland.nhs.uk

Additional Information Sources:

For more information on all aspects of living with Cystic Fibrosis you can visit the Cystic Fibrosis Trust web site at : www.cftrust.org.uk.

For local news and events the West Midlands Regional Cystic Fibrosis Unit based at Heartland Hospital has its own website at: www.heartlandscf.org.uk .

Please use the space below to write down any questions you may want to ask: