

Nourishing Drinks and Snacks

Patients who are not eating well should be encouraged to have a milky drink in between meals

| Snacks that should be on your trolley | | Milky Drinks <i>use whole milk unless semi skimmed requested</i> | |
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| Yoghurts (<i>diet/light yoghurts for patients with diabetes</i>) | ✓ | Hot Chocolate | |
| Fresh Fruit | ✓ | Ovaltine | |
| Biscuits (<i>plain digestives only for patients with diabetes</i>) | ✓ | Milkshake | |
| Cake selection | | Warm or Cold Milk | ✓ |
| Cheese & Biscuits | ✓ | Milky Coffee | ✓ |
| Sandwiches (<i>if available</i>) | ✓ | Meritene Shake | |

Patients with diabetes can be offered any of the snacks or drinks listed above if not eating well. However if eating well, please advise patients which snacks and drinks are suitable for diabetes using the ✓ guide.

Please ensure a bedtime snack is offered to patients with diabetes e.g. Bowl of cereal (weetabix, ready brek, bran flakes), sandwich, toast, pack of 2 plain digestive biscuits with a milky drink or cheese & crackers

