

SNACK FOOD SUGGESTIONS CHART

CHART 2

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FOOD ITEM	SERVE SIZE	RESIDENT CHOICE ✓ OR ✗
Biscuit	1 cream filled	
	OR 2 plain sweet	
	OR 3 crispbread	
Bread	1 slice, thin (30g)	
Fruit	1 average	
Dried Fruit	1 ½ tablespoons	
Fruit Juice	1 glass (200 mL)	
Cheese	20g, 1 thick slice Cheddar	
	OR 1 portion pre-sliced	
	OR 1 tablespoon grated (20g)	
Cream	1 tablespoon	
Creamed Cheese	1 tablespoon	
Creamy Dessert or similar	⅓ 150g tub (~50g)	
Fruche ® or similar	⅓ 200g tub (~70g)	
Ice Cream	1 scoop	
Milk	½ cup (~120mL)	
Yoghurt (flavoured, full cream)	1 x 100g tub (80g)	
Margarine (poly/mono unsaturated)	2 teaspoons	
Mayonnaise	1 tablespoon	
Peanut Butter	2 teaspoons	
Honey	1 tablespoon	
Jam	1 tablespoon	
Sugar	5 teaspoons	
Mars Bar ®	Kid sized 22g bar	
Chocolate	2 squares	
Cordial	1 cup (250mL)	
Chips	20g (average pkt)	
Milo ®	3 heaped teaspoons (15g)	
Beer	Light 300mL	
	Regular 200mL	
Wine	100mL	
Polyjoule ®	1 tablespoon	
Sustagen ®	1 tablespoon (20g)	
Two Cal ®	40mL	