

Energy-dense Snacks

WHAT

For older Australians, snacks are an invaluable source of concentrated energy that contribute a great deal to their overall dietary intake. For a list of energy-dense snacks appropriate for older Australians see the *Best Practice Food and Nutrition Manual for Aged Care Facilities*, chapter 19, pages 123-125.¹ Alternatively see the Quick Kilojoule Counter Chart.

WHY

Energy-dense foods are an ideal snack for residents because they can help residents meet their energy requirements without the need to eat a large amount of food. When residents meet their energy requirements they are happier and healthier.

WHEN

Snacks can be given at any time of the day (or night!) but are best given in between main meals eg morning tea, afternoon tea and supper. This is because the resident may be too full to eat them after their main meal.

WHO

Snacks are beneficial for all residents, especially those who:

- Are underweight or losing weight
- Have a poor appetite
- Become full quickly
- Are unwell
- Cannot eat a big meal



1. Bartl R, Bunney C. *Best Practice Food and Nutrition Manual for Aged Care Facilities*. Gosford: Australian Nursing Home and Extended Care Association; 2004.