

HIGH CALORIE NIBBLE BOWLS

Nibble bowls can be a useful method of including '**extra calories**' if you are trying to gain weight. Keep a brightly coloured bowl, filled with sweet or savoury nibbles by your side. Enjoy nibbling during the day and in the evening whilst relaxing or watching T.V.

Pick your favourite high calorie nibbles from the list below and remember you can **MIX and MATCH!** A good aim is for your nibble bowl to contain an extra 300 calories (see overleaf).

High Calorie 'Nibble' Ideas

SWEET

Flapjack

Butter fudge

Toffee

Chocolate buttons

Toffee popcorn

Chocolate bars

Dried fruit

Chocolates e.g. Quality Street, Heroes, Celebrations, Roses

Fancy biscuits e.g. chocolate, caramel, cream, or jam filled varieties

Sweets e.g. Jelly Babies, Fruit Pastilles, boiled fruit sweets, Liquorice Allsorts, assorted mints

Marshmallows



SAVOURY

Cold cocktail sausages

Mini sausage rolls

Mini scotch eggs

Nuts e.g. peanuts, cashews

Mini cheddar biscuits

Mini pretzels

Crisps

Cheddar cheese cubes



10 Assorted mints



23 Giant Chocolate Buttons



85g Cheddar cheese



14 Liquorice Allsorts



10 Cocktail sausages



6 Butter fudge



2 Handfuls peanuts



What does a
300 calorie
Nibble Bowl
look like?

12 Boiled fruit sweets



8 Toffees



5 Mini flapjacks



22 Fruit Pastilles



6-7 Chocolates



16 Jelly Babies

