

Superpower snacks for a strong heart

(Healthy high-energy snacks for kids with heart conditions)

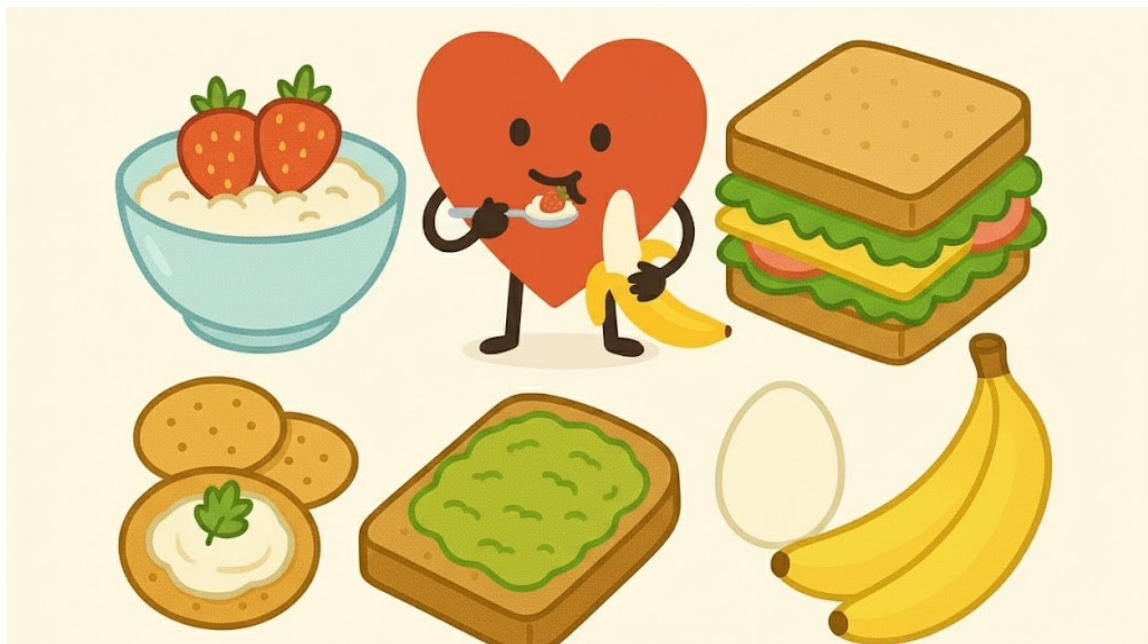
Nutrition and Dietetics

Information for patients and families

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Introduction

Sometimes having a heart condition can make it harder to gain weight. Your body uses extra energy. You might feel tired, full quickly, or not very hungry. That is okay. There are lots of foods that can help you grow strong and stay full of energy.

This leaflet shares fun, easy snack ideas to help keep your body powered up.

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or call 111 for non-emergency medical advice**

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Tasty high-energy snacks for a healthy heart

Creamy and delicious

- Rice pudding, custard pots
- Ice-cream or full-fat yoghurt top with fruit
- Lassi with blended fruit (banana, mango, or berries)



Super sips

- Fruit smoothies,
- milkshakes (like flavoured milk powders)
- badam milk (almond milk with cardamom)
- hot chocolate made with full-fat or fortified milk (see recipe below)

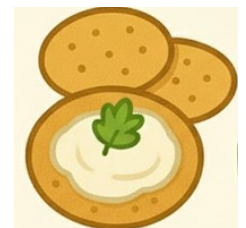


Mighty sandwiches

- Egg, tuna, chicken, or cheese with butter and mayo or salad cream
- Chapati rolls filled with hummus, paneer, or chicken tikka (grilled, not fried)

Tasty dips

- Crackers, melba toast, breadsticks, chapati, or pita
- Serve with butter, full-fat cream cheese, cheese, hummus, or nut butter*



Toasty treats

- Wholemeal toast with butter and chocolate spread, honey, jam, lemon curd or cheese.
- Paratha with paneer or vegetables
- Baked or grilled plantain slices

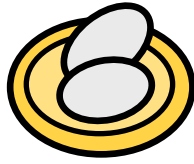
Sweet but smart

- | | |
|-------------|----------------------|
| • Malt loaf | • English muffins |
| • flapjack | • banana bread |
| • teacakes | • digestive biscuits |



Power bites:

- Boiled eggs
- cheese cubes
- olives in oil with oat cakes/crackers
- Roasted chickpeas (chana)
- spiced puffed rice (murmura)



Fruity favourites

- Mashed avocado or banana on toast
- Fruit chaat (apple, banana, pomegranate, orange with a sprinkle of chaat masala)



Boost your energy with nutritional supplements

Sometimes, you might need **extra help** to get enough energy. Nutritional supplements taken by mouth (oral) can give your body a useful boost!

- High-energy drinks such as certain paediatric supplements, like scandishake or fortini.
- You can add them to milkshakes, porridge, cereal, puddings or hot chocolate.

Your health professional will advise you if you need supplements.

Top tips for eating well at home

- Eat little and often.
- Small meals and snacks can feel easier than big meals.
- Eating together and keeping things calm can help children enjoy food more.
- Supercharge your food by adding small high energy extras to boost energy in everyday meals. See the next page for ideas.

Easy ways to add more energy

- **Fortified milk:** Mix 2 tablespoon skimmed milk powder into 250 ml full-fat milk.
- **Healthy oils:** Add 2 tablespoon olive, ghee or vegetable or mustard oil to soups, pasta, curries or sauces.
- **Nut power:** Stir 1 tablespoon ground almonds or cashews * into porridge, kheer, halwa or mashed potatoes.
- **Creamy boost:** Spread avocado or nut butter* on sandwiches.
- **Cheese please:** Sprinkle grated cheese or paneer onto spaghetti, potatoes, parathas, scrambled eggs, or beans.
- **Extra flavour:** Add a generous portion of mayo or salad cream to sandwiches.



*avoid nuts and nut butters if you child has a nut allergy.

Why not just eat crisps and sweets?

Crisps and sweets can give quick energy, but they are not kind to your heart or your teeth. Eating sugary foods too often can cause sore or infected gums. This can let germs enter the bloodstream. In some children with heart conditions, these germs can sometimes cause a serious infection called **endocarditis**.

Fast and highly processed foods such as crisps, pastries, fried snacks, takeaway foods and instant noodles are okay sometimes. But they are often high in salt and saturated fat. Too much salt can make the heart work harder. Saturated fat is not good for heart health. Choosing healthier snacks most of the time helps keep your heart happy and strong.

Contact details:

Nutrition and Dietetic Service, Mondy to Friday, 8:30am to 4:30pm on **0116 258 5400**



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