

# Protein-rich snacks

You may get this leaflet if you have been advised to follow a high protein diet, for example if you are physically active or have muscle wastage, burns, an injury or a wound. You can find these high protein options in most supermarkets. If the product is labelled as 'generic', there are various supermarket own brands available. If you need a lower calorie or energy-dense diet, ask your dietitian for the best options.

**If you have kidney disease or have been advised to limit your protein intake, please consult your dietitian or doctor before following a high protein diet.**

**Yoghurts:** (nutrition per pot/bottle unless otherwise stated, e.g. per 100g/ml). Products are suitable for vegetarians. Vegan products highlighted with a vegan symbol.

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|------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------|
|                                                            |                                                   |                                                     |                                                    |                                                                |
| <b>Danone Natural Skyr Yoghurt:</b><br>82kcal, 14g protein | <b>Fage Total 0%</b><br>150g: 99kcal, 13g protein | <b>Biotiful Kefir Protein:</b> 165kcal, 30g protein | <b>Graham's:</b><br>90kcal, 25g protein            | <b>Generic Protein Yogurt:</b><br>142kcal, 25g protein (Aldi)  |
|                                                            |                                                   |                                                     |                                                    |                                                                |
| <b>Arla Protein:</b><br>142kcal, 20g protein               | <b>Muller light protein:</b> 124kcal, 14g protein | <b>GetPRO Yoghurt:</b><br>86kcal, 15g protein       | <b>Lindahl's PRO+ Kvarg:</b> 90kcal, 18g protein   | <b>The Gym Kitchen Yoghurt:</b> 130kcal, 20g protein           |
|                                                            |                                                   |                                                     |                                                    |                                                                |
| <b>Alpro Plant Protein</b><br>162kcal, 15g protein         | <b>Muller MyProtein:</b><br>221kcal, 20g protein  | <b>Graham's Skyr:</b><br>180kcal, 15g protein       | <b>Arla Protein Pouch:</b><br>140kcal, 20g protein | <b>Coconut Colab Protein: Per 100g:</b><br>135kcal, 6g protein |

**Milkshakes:** (nutrition per bottle unless otherwise stated e.g. per 100ml)

Products are suitable for vegetarians. Vegan products highlighted with a vegan symbol.

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|-------------------------------------------------|---------------------------------------------------|------------------------------------------------|-------------------------------------------------|---------------------------------------------------|
|                                                 |                                                   |                                                |                                                 |                                                   |
| <b>Arla Protein Drink:</b> 208kcal, 26g protein | <b>Lindahl's Pro+ Drink:</b> 160kcal, 26g protein | <b>Pro Milk Shake:</b><br>201kcal, 25g protein | <b>Barebells Shake:</b><br>182kcal, 24g protein | <b>Optimum Nutrition:</b><br>185kcal, 25g protein |

**Milkshakes (continued):** (nutrition per bottle unless otherwise stated e.g. per 100ml)

Products are suitable for vegetarians. Vegan products highlighted with a vegan symbol.

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|  |  |  |  |  |
| <b>UFIT Pro 50:</b><br>280kcal, 50g protein                                       | <b>UFIT shake:</b><br>149kcal, 25g protein                                        | <b>Fuel Breakfast:</b><br>183kcal, 15g protein                                    | <b>Up &amp; Go Protein:</b><br>397kcal, 35g protein                                 | <b>Grenade shake:</b><br>182kcal, 26g protein                                       |
|  |  |  |  |  |
| <b>For Goodness Shakes Protein:</b><br>315kcal, 50g protein                       | <b>For Goodness Shakes:</b> 215kcal, 35g protein                                  | <b>Huel:</b><br>400kcal, 20g protein                                              | <b>BOL Power Shake:</b> 300kcal, 27g protein                                        | <b>Alpro Protein Chocolate:</b><br>Per 100ml: 69kcal, 5g protein                    |

**Sweet snacks:** (nutrition listed per bar/packet/pot).

Products are suitable for vegetarians unless a vegan symbol is shown.

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|  |  |  |  |
| <b>Fulfil Bar:</b><br>206kcal, 20g protein                                          | <b>Grenade Bar:</b><br>212kcal, 21g protein                                         | <b>Misfits Bar:</b><br>176kcal, 15g protein                                          | <b>Tribe Bar:</b><br>240kcal, 10g protein                                             |
|  |  |  |  |
| <b>Nature Valley Protein Bar:</b><br>196kcal, 10g protein                           | <b>Barebells Bar:</b><br>200kcal, 20g protein                                       | <b>Trek Power Bar:</b><br>229kcal, 15g protein                                       | <b>Eat Natural Protein Bar:</b> 218kcal, 8g protein                                   |
|  |  |  |  |
| <b>Generic Protein Bar:</b><br>224kcal, 21g protein (Aldi)                          | <b>Optimum Nutrition Crispy Protein bar:</b><br>217kcal, 20g protein                | <b>PhD Smart Bar:</b><br>249kcal, 21g protein                                        | <b>Trek Protein Flapjack:</b> 230kcal, 9g protein                                     |
|  |  |  |  |
| <b>Kind Protein Bar:</b><br>268kcal, 12g protein                                    | <b>Warrior Raw Bar:</b><br>248kcal, 20g protein                                     | <b>MyProtein Crispy Bar:</b><br>200kcal, 16g protein                                 | <b>MyProtein Brownie:</b><br>291kcal, 24g protein                                     |



**Sweet snacks (continued):** *(nutrition listed per bar/packet/pot).***Products are suitable for vegetarians unless a vegan symbol is shown.**

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|  |  |  |  |  |
| <b>Fuel Porridge:</b><br>260kcal, 13g protein                                     | <b>Generic Granola Yogurt:</b><br>193kcal, 22g protein (Aldi)                     | <b>Fuel granola Yogurt:</b> 265kcal, 22.3g protein                                | <b>Muller Rice Protein:</b><br>182kcal, 13g protein                                | <b>Bounce Protein Balls:</b> 157kcal, 8g protein                                    |
|  |  |  |  |  |
| <b>Lindahls Protein Pudding:</b> 106kcal, 14g protein                             | <b>Generic Protein Pudding:</b><br>159kcal, 20g protein (Aldi)                    | <b>GetPro Pudding:</b><br>137kcal, 18g protein                                    | <b>Generic Protein Mousse:</b><br>153kcal, 20g protein (Aldi)                      | <b>Isey Skyr Dessert:</b><br>107kcal, 17g protein                                   |

**Savoury snacks:** *(nutrition listed per bar/packet/pot).***Some items contain animal products unless a vegan or vegetarian symbol is shown.**

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|  |  |  |  |  |
| <b>Boiled Egg Pot:</b><br>121kcal, 11g protein (Tesco 90g)                          | <b>John West Tuna Infusions:</b><br>164kcal, 19g protein                            | <b>Cooked King Prawns:</b><br>184kcal, 24g protein (Aldi 150g)                      | <b>John West Tuna Bean Salad:</b><br>218kcal, 17g protein                            | <b>Tuna sandwich filler:</b> 367kcal, 21g protein (Aldi 220g)                         |
|  |  |  |  |  |
| <b>Ember Biltong:</b><br>110kcal, 23g protein                                       | <b>Fridge Raiders:</b><br>146kcal, 14g protein                                      | <b>Peperami Jerky:</b><br>166kcal, 14g protein                                      | <b>Peperami Chicken Bites:</b> 84kcal, 8g protein                                    | <b>Chicken Satay:</b><br>220kcal, 18g protein (Aldi 300g)                             |

**Savoury snacks (continued):** *(nutrition listed per bar/packet/pot).***Some items contain animal products unless a vegan or vegetarian symbol is shown.**

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|    |    |    |    |    |
| <b>Chicken Tikka Slices:</b> 322kcal, 67g protein (Aldi 240g)                       | <b>Roast Ham Pieces:</b> 160kcal, 27g protein (Tesco 180g)                          | <b>Chicken Stuffing Slices:</b> 143kcal, 60g protein (Asda 120g)                    | <b>Cottage Cheese:</b> 320kcal, 27g protein (Asda 300g)                              | <b>Fat Free Quark:</b> 163kcal, 30g protein (Asda 250g)                               |
|   |   |   |   |   |
| <b>Babybel:</b> 59kcal, 4g protein                                                  | <b>Cheesestring:</b> 61kcal, 5g protein                                             | <b>Novo Protein Pops:</b> 184kcal, 10g protein                                      | <b>Roasted Mixed Nuts Pot:</b> 335kcal, 13g protein (Teco 55g)                       | <b>Graze Protein Crunch:</b> 226kcal, 8g protein                                      |
|  |  |  |  |  |
| <b>La Vie Croquettes:</b> 394kcal, 9g protein                                       | <b>Quorn Bites:</b> 471kcal, 22g protein                                            | <b>Quorn Cocktail Sausages:</b> 256kcal, 18g protein                                | <b>Quorn Picnic Eggs:</b> 350kcal, 20g protein                                       | <b>Pukka Vegan Sausage Roll:</b> 371kcal, 11g protein                                 |

*Products accurate as of September 2025*

ICB Prescribing Support Dietitians, October 2025 (Adopted with permission from Buckinghamshire, Oxfordshire and Berkshire West ICB Prescribing Support Dietitians)