



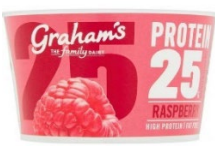








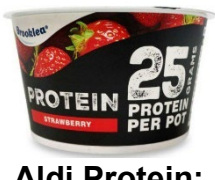


















Protein-rich, low fibre snacks

You may be given this leaflet if you have been advised to follow a high protein, low fibre diet; for example, if you are physically active or have muscle wastage, burns, an injury or a wound. You can find these products in most supermarkets. If a supermarket is not stated, the product is available to buy in various shops and/or online. If you need either a lower calorie or energy-dense diet, ask your dietitian for the best options.

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

Yoghurts and milkshakes: (nutrition per pot/bottle unless otherwise stated, e.g. per 100g/ml). Less than 3g fibre per serving Products are suitable for vegetarians. See Vegan symbol for those suitable for vegans.

 <p>Arla Protein: 142kcal, 20g protein</p>	 <p>Arla Skyr: 111kcal, 14g protein</p>	 <p>Graham's: 158kcal, 25g protein</p>	 <p>Lindahls PRO+ Kvarg: 92kcal, 18g protein</p>	 <p>Lindahls Kvarg: 81kcal, 15g protein</p>
 <p>Light & Free Skyr: 81kcal, 14g protein</p>	 <p>Fage Total 5% Skyr: 150g: 140kcal, 13.5g protein (0% fat also available)</p>	 <p>Lindahls Protein Pudding: 104kcal, 14g protein</p>	 <p>Sainsburys Skyr: 106kcal, 14g protein</p>	 <p>Müller Skyr: 250kcal, 13g protein</p>
 <p>Aldi Protein Pudding: 93kcal, 20g protein</p>	 <p>Aldi Chocolate Mousse: 152kcal, 20g protein</p>	 <p>Aldi Protein: 144kcal, 25g protein (also available as pouch)</p>	 <p>Aldi Skyr: 112kcal, 12g protein</p>	 <p>Arla Protein Pouch: 146kcal, 20g protein</p>
 <p>Graham's Skyr: 130kcal, 15g protein</p>	 <p>Aldi Granola Protein: 202kcal, 22g protein</p>	 <p>Biotiful Kefir Protein: 165kcal, 30g protein</p>	 <p>Alpro Soya Greek-Style: 123kcal, 7g protein</p>	

 <p>Fage: Per 100g: 54kcal, 10g protein</p>	 <p>Lindahls Kvarg: Per 100g: 56kcal, 10g protein</p>	 <p>Aldi: Per 100g: 66kcal, 11g protein</p>	 <p>Arla: Per 100g: 63kcal, 11g protein</p>	 <p>Arla Protein Drink: 244kcal, 25g protein</p>
 <p>Lindahls Yogurt Drink: 144kcal, 23g protein</p>	 <p>Aldi PRO MLK: 188kcal, 22g protein</p>	 <p>Barebells Shake: 182kcal, 24g protein</p>	 <p>Ufit: 149kcal, 25g protein</p>	 <p>Fuel Breakfast: 183kcal, 15g protein</p>
 <p>Grenade: 198kcal, 24g protein</p>	 <p>For Goodness Shakes: 214kcal, 25g protein</p>	 <p>Optimum Nutrition: 161kcal, 25g protein</p>		

High protein, low fibre sweet snacks: (nutrition listed per bar/packet). Less than 3g fibre per serving. Products are suitable for vegetarians. See Vegan symbol for those suitable for vegans.

 <p>Maxi Nutrition Bar: 178kcal, 15g protein</p>	 <p>Barebells Bar: 200kcal, 20g protein</p>	 <p>Grenade Bar: 218kcal, 20g protein</p>	 <p>PhD Smart Bar: 239kcal, 20g protein</p>	 <p>Cliff Builders Bar: 292kcal, 20g protein</p>
 <p>Bounce Ball: 59kcal, 10g protein</p>	 <p>USN Trust Cookie Bar: 225kcal, 15g protein</p>			

Savoury snacks: (nutrition per pack/item unless otherwise stated, e.g. per 100g). Less than 3g fibre per serving. Products may contain animal produces, unless a vegan or vegetarian symbol is shown.

 <p>Tesco Fish Sushi: 218kcal, 8g protein</p>	 <p>Prawns with Cocktail Sauce: 255kcal, 14g protein</p>	 <p>John West Tuna Infusions: 164kcal, 19g protein</p>	 <p>Cooked King Prawns: 140kcal, 24g protein</p>	 <p>UFit Crunchers Protein Chips: 142kcal, 8.1g protein</p>
 <p>John West On The Go Tuna Pasta: 395kcal, 22g protein</p>	 <p>Fridge Raiders 80g: 167kcal, 17g protein</p>	 <p>Yo! Chicken Katsu Bites: 259kcal, 16g protein</p>	 <p>Aldi Chicken Bites: 153kcal, 17g protein</p>	 <p>Sainsburys Honey Roast Ham Pieces: 154kcal, 26g protein</p>
 <p>Pepperami Chicken Bites: 104kcal, 11g protein</p>	 <p>Aldi Chicken Slices: 165kcal, 33g protein</p>	 <p>Cooked Chicken Breast Slices: 222kcal, 39g protein</p>	 <p>Chicken Satay: 220kcal, 17g protein</p>	 <p>Sainsburys Boiled Eggs pot: 127kcal, 12g protein</p>
 <p>Cheesestring: 61kcal, 5g protein</p>	 <p>Cottage Cheese: Per 100g: 107kcal, 11g protein</p>	 <p>Quark: Per 100g: 59kcal, 10g protein</p>	 <p>Babybel: 62kcal, 5g protein</p>	

Products accurate as of December 2024.

Adapted for use by RBFT Prehabilitation Dietitians from Buckinghamshire, Oxfordshire and Berkshire West ICB Prescribing Support Dietitians leaflet 'Protein-rich snacks'.

Please ask if you need this information in another language or format.

Berkshire Healthcare Foundation Dietitians, January 2025. Next review due: January 2027.