

Protein-rich snacks

You may have been given 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 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). These products are suitable for vegetarians.



Arla Protein:
142kcal, 20g protein



Arla Skyr:
111kcal, 14g protein



Graham's: 158kcal,
25g protein



Lindahls PRO+ Kvarg:
92kcal, 18g protein



Lindahls Kvarg:
81kcal, 15g protein



Light & Free Skyr:
81kcal, 14g protein



Fage Total 5% 150g:
140kcal, 13.5g protein
(also available in 0% fat)



Lindahls Protein Pudding: 104kcal,
14g protein



Sainsbury's Skyr:
106kcal, 14g protein



Müller Skyr:
250kcal, 13g protein



Aldi Protein Pudding: 93kcal,
20g protein



Aldi Chocolate Mousse: 152kcal,
20g protein



Aldi Protein: 144kcal, 25g protein
(also available in a pouch)



Aldi Skyr: 112kcal,
12g protein



Arla Protein Pouch: 146kcal, 20g protein



Graham's Skyr: 130kcal, 15g protein



Aldi Granola Protein: 202kcal,
22g protein



Biotiful Kefir Protein: 165kcal,
30g protein



Alpro Soya Greek-Style: 123kcal, 7g protein



Muller Light Skyr: 89kcal,
14g protein



Fage: Per 100g: 54kcal,
10g protein



Lindahls Kvarg: Per 100g: 56kcal,
10g protein



Aldi: Per 100g:
66kcal, 11g protein



Arla: Per 100g: 63kcal,
11g protein



Arla Protein Drink: 244kcal,
25g protein



Lindahls Yogurt Drink: 144kcal,
23g protein



Aldi PRO MLK: 188kcal,
22g protein



Barebells Shake: 182kcal,
24g protein

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

These products are suitable for vegetarians unless a vegan symbol is shown.



Ufit: 149kcal, 25g protein	Up&Go: 220kcal, 22g protein	Grenade: 198kcal, 24g protein	For Goodness Shakes: 214kcal, 25g protein	Optimum Nutrition: 161kcal, 25g protein	Huel: 400kcal, 20g protein	Fuel Breakfast: 183kcal, 15g protein	Alpro Protein Chocolate: Per 100ml: 69kcal, 5g protein
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High protein sweet snacks: (nutrition listed per bar/packet).

These products are suitable for vegetarians unless a vegan symbol is shown.



Maxi Nutrition Bar: 178kcal, 15g protein	Fulfil Bar: 141kcal, 15g protein	Grenade Bar: 218kcal, 20g protein	Misfits Bar: 187kcal, 16g protein	Pulsin Protein Bar: 238kcal, 12.8g protein
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Tribe Bar: 202kcal, 8.4g protein	Warrior Raw Bar: 255kcal, 21g protein	Sci-MX Flapjack: 337kcal, 12g protein	PhD Smart Bar: 239kcal, 20g protein	Cliff Builders Bar: 292kcal, 20g protein
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Barebells Bar: 200kcal, 20g protein	Barebells Vegan Bar: 211kcal, 15g protein	Trek Power Bar: 229kcal, 15.5g protein	Eat Natural Protein Bar: 229kcal, 10g protein	Good4u Protein Balls: 124kcal, 7.2g protein
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Nature Valley Protein Bar: 197kcal, 10.2g protein	Meridian Sustain Bar: 186kcal, 8.3g protein	Primal Pantry Bar: 193kcal, 12g protein	Aldi Protein Bar: 224kcal, 22g protein	Trek Protein Flapjack: 227kcal, 9.2g protein
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Bounce Ball: 59kcal, 10g protein	Acti-Snack Peanut Butter Energy Mix: 212kcal, 8g protein	Lidl Protein Bar: 184kcal, 23g protein	Lidl Protein Balls: 188kcal, 9.5g protein	Graze Flapjack: 243kcal, 7g protein	Fuel Porridge: 262kcal, 13g protein
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Maximuscle Bar: 88kcal, 10g protein	Optimum Nutrition Crispy Protein bar: 213kcal, 20g protein	USN Trust Cookie Bar: 225kcal, 15g protein	Kind Protein Bar: 274kcal, 12g protein	Fuel 10k Protein Oat Bar: 188kcal, 9.5g protein
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Savoury snacks: (nutrition per pack/item unless otherwise stated e.g. per 100g)

Some of these items contain animal products unless a vegan or vegetarian symbol is shown.



Tesco Fish Sushi: 218kcal, 8g protein

Prawns with Cocktail Sauce: 255kcal, 14g protein

John West Tuna Infusions: 164kcal, 19g protein

Cooked King Prawns: 140kcal, 24g protein

John West On The Go Tuna Bean Salad: 252kcal, 21g protein

John West On The Go Tuna Pasta: 395kcal, 22g protein



Fridge Raiders 80g: 167kcal, 17g protein

Yo! Chicken Katsu Bites: 259kcal, 16g protein

Aldi Chicken Bites: 153kcal, 17g protein

Sainsbury's Honey Roast Ham Pieces: 154kcal, 26g protein

Pepperami Chicken Bites: 104kcal, 11g protein

Aldi Chicken Slices: 165kcal, 33g protein



Cooked Chicken Breast Slices: 222kcal, 39g protein

Chicken Satay: 220kcal, 17g protein

Sainsbury's Boiled Eggs pot: 127kcal, 12g protein

Sainsbury's Edamame pot: 133kcal, 14g protein

Cottage Cheese: Per 100g: 107kcal, 11g protein

Quark: Per 100g: 59kcal, 10g protein



Babybel: 62kcal, 5g protein

Cheesestring: 61kcal, 5g protein

Nature's Heart Crunch: 438kcal, 26g protein

UFit Crunchers Protein Chips: 142kcal, 8.1g protein

Tesco Roasted Mixed Nuts Snack Pot: 335kcal, 13g protein

Graze nuts: 245kcal, 9g protein



Quorn Sweet Chilli Bites: per 100g: 244kcal, 14g protein

Quorn Southern Fried Poppers: per 100g: 269kcal, 13g protein

Quorn Garlic & Herb Bites: per 100g: 248kcal, 13g protein

Quorn Picnic Eggs: per 100g: 250kcal, 14g protein

Quorn Cocktail Sausages: per 100g: 209kcal, 13g protein