

Super Snacks

It is normal to sometimes feel hungry in between meals, especially if it has been a few hours since the last meal.

Choosing nutritious snacks that are higher in fibre, low in added sugar and fat are the best choices.

Below are some good examples:

Fruit

- ✓ 1 medium piece of fresh fruit (apple, orange, banana)
- ✓ 2 small pieces of fresh fruit (apricot, plum, kiwi fruit)
- ✓ 1 cup of chopped fruit or berries or 15-20 grapes
- ✓ 1 snack size tub of canned or tinned fruit in natural juice
- ✓ 1 small handful or snack size box of dried fruit

Vegetable dippers

- ✓ Carrot, snow peas, capsicum, cherry tomato, green beans, cucumber cauliflower, broccoli, celery, zucchini
- ✓ Served with: ¼ cup of low fat tzatziki or hummus dip or tomato salsa or low fat cottage/ricotta cheese or extra light cream cheese

Low fat dairy/soy

- ✓ 200g low fat natural or fruit yoghurt
- ✓ 250ml of skim of low fat milk
- ✓ 1 slice (20g) of low fat cheese

Nuts

- ✓ 20-30g of unsalted, raw or dry roasted nuts
- ✓ Approximately: 1 layer of nuts on your palm.

Snack Bars

- ✓ Be Natural Trail Bars: Honey & Nut, Fruit & Nut, Cranberry
- ✓ Uncle Toby's Body Wise Bars
- ✓ Carman's Muesli Bits (20g)

Wholegrain Bread, Toasted Muffins and Crackers

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- ✓ 1 slice of Wholegrain Bread/Toast or Mountain Bread Wrap
- ✓ 1 slice of Burgen Fruit & Muesli Bread
- ✓ 1 Tip Top Grain English Muffin
- ✓ 2-4 grain crispbread

Healthy Toppings

- ✓ Thin scrape Margarine and /or 1 teaspoon of Honey or 100% fruit jam
- ✓ ½ -1 medium tomato with pepper or fresh basil
- ✓ 1 Tablespoon of Low Fat Tzatziki or Low Fat Ricotta or Low Fat Cottage Cheese
- ✓ 1 slice low fat free cheese with dill pickle, relish, tomato or cucumber
- ✓ 2 teaspoon of low fat Philadelphia cream cheese & gherkin
- ✓ capsicum and/or mushroom, 1 slice of low fat cheese placed under the grill

Savoury snacks

- ✓ 1 Vita Weat Grain Snack Pack
- ✓ 1 small wholemeal Pita Pocket cut up, sprayed lightly with olive oil and oven baked
- ✓ 2-3 pappadams cooked in microwave
- ✓ 1-2 cups air popped popcorn
- ✓ 10-15 wholegrain rice crackers or 2-3 multigrain corn thins
- ✓ 10 olives

Soup

- ✓ Cup of vegetable soup (homemade or packaged eg. Velish)

Sweet biscuits

- ✓ 1-2 Arnotts Snack Right Fruit Slice or Fruit Pillow

Hot Drinks

- ✓ Hot chocolate, Ovaltine or Milo made on low fat milk

Cool Alternatives

- ✓ Bulla Frozen Fruit & Yoghurt Mini Sticks
- ✓ Peter's Light n Creamy Ice Cream Slices

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