



Healthy Snacks



It is fine to snack - so long as you maintain a healthy balance of foods and keep yourself active. For example, you may need a snack before or after exercise, or if it's a long time between meals. So choose snacks that provide energy, vitamins and minerals and not too much fat, sugar or salt!

Breads and other Cereals

These foods fuel our body throughout the day. They are low in fat, and contain even more fibre and minerals if you choose wholegrain types. Try these easy snack suggestions:

- Plain or fruit scone with jam
- Small bowl of wholegrain cereal with semi-skimmed milk
- What about having a handful of dry cereal?
- A small sandwich or slice of toast with banana and a little honey
- Handful of rice crackers or a rice cake
- Half a bagel with low-fat cheese spread
- Hot cross bun or two slices of malt loaf



Fit in Fruit and Vegetables

Many of these foods are perfectly packaged for snacking, at home or on the go: bananas, clementines and apples, for example. Keep some fruit in a bowl somewhere it's easy to grab. Here are some more interesting ideas:

- Handful of dried fruit
- Carrot, cucumber or celery sticks with cottage cheese
- Chopped melon or pineapple (tinned or fresh)
- Frozen grapes

Dish Up the Dairy Foods

Many of us don't take in enough calcium. Snacking on these foods can help you to reach your recommended two to three servings of dairy foods each day:

- Low-fat yoghurt or fromage frais
- Low-calorie hot chocolate mix made with semi-skimmed milk

- Cottage cheese and plain crackers
- Fruit smoothie made with semi-skimmed milk

What about Crisps, Chocolates and Sweets?

Foods such as crisps, biscuits, chocolate and sweets are common snacks that are high in fat, sugar or salt. It's fine to have a small amount of these foods but better to have them as part of a meal than a snack. The important thing is to get the overall balance right.

Try smaller portions like small bags of crisps, fun-sized chocolate bars or chocolate mini rolls and save them for an occasional treat. If you are unsure whether a snack you are choosing is an everyday or an occasional food, check out the nutrition panel and follow these guidelines:

Good Choice:

- Fat content is up to 3 grams per 100g
- Sugar content is up to 2 grams per 100g
- Sodium (a component of salt) content is up to 0.1 grams per 100g

Occasional Choice:

- Fat content is 20 grams or more per 100g
- Sugar content is 10 grams or more per 100g
- Sodium (a component of salt) content is 0.5 grams or more per 100g

What type of snacks do you usually choose? If they're often high in fat or sugar, try to think of ways to include healthier snacks. For example, try not to buy crisps or sweet biscuits at the supermarket so you're not tempted at home or buy smaller packs.



Bring a bag of fruit to work each week or keep a stash of rice crackers in a desk drawer. With just a little reorganisation, it's easy to make your snacks a healthy and valuable part of your diet.