

# Grab a healthy snack

Feeling hungry and can't wait until the next meal?

That's when you need a healthy snack to boost your energy levels and keep your mind alert.

The best snacks are based on fruit, vegetables, bread and reduced fat dairy foods such as milk and yoghurt. They're tasty, filling and good for you.

Remember, snacks are all about helping you refuel until the next main meal. So don't eat more than you really need.

## Ideas for snacks at home

- ★ Fruit – fresh, canned in natural juice or frozen (try frozen grapes or oranges!)
- ★ Smoothies and milkshakes made with reduced fat milk
- ★ Crunchy vegie sticks – try carrot, celery and capsicum with low fat dips such as hummus or tzatziki
- ★ Raisin toast topped with banana or strawberries
- ★ Bread or jaffles with tasty fillings such as reduced salt baked beans
- ★ Rice cakes topped with peanut butter or yeast spreads like Vegemite, Marmite and Promite
- ★ Reduced fat yoghurt – add some chopped fruit for an extra tasty snack
- ★ Sushi rolls
- ★ Boiled egg, avocado or tomato on crispbread

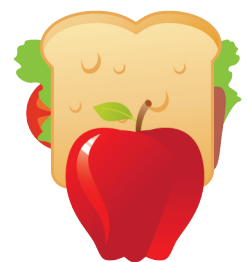


- ★ Corn on the cob
- ★ Pita pizzas
- ★ Plain popcorn (without salt, sugar or butter).



## Healthy snacks to pack when you're out and about

Some healthy snacks are easy to take with you when you're out and about. Try packing fruit, small packets of dried fruits, crackers, sandwiches or pikelets (but go easy on the spread with these).



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## Ideas for snacks to buy

- ★ Fruit salad
- ★ Plain popcorn
- ★ Reduced fat milk and milkshakes
- ★ Raisin toast
- ★ Pikelets, crumpets and English muffins
- ★ Reduced fat yoghurt and frozen yoghurt
- ★ A wrap or sandwich with salad and tuna or chicken
- ★ Sushi or Vietnamese rice paper rolls.



## 'Extra' foods

Potato chips, lollies, chocolates, cakes and biscuits may taste good but they're not good for you. They have lots of sugar, salt and fat and do not provide the fibre or nutrients your body needs to stay healthy.

It's okay to eat these *extra* foods occasionally and in small amounts, like at a birthday party, but not every day. Stick to healthy snacks that help keep your mind and body fit!

**"Remember, snacks are all about helping you refuel until the next main meal. So don't eat more than you really need."**