

healthyfood

Fresh
START

Are you an after-dinner picker or a morning grazer? Snacks can be a healthy party of a balanced diet, so don't skip them! Each day, choose two or three from our list, then slot them into your day wherever suits you.

WHAT'S IN THAT SNACK?

Carefully read the nutrition label on packaged snacks to find out whether its contents are healthy. While your choice may have ticks and stars on the front, check the ingredient list for food names you recognise.

Checking your snacks for their saturated fat, sugar and salt (sodium) content is another great idea. Look for:

- Less than 2g saturated fat per serve
- Less than 10g sugar per serve
- Less than 200mg sodium per serve

HFG TIP

A SENSIBLE SNACK
CONTAINS ABOUT
600–800KJ
(150–200CAL)

HEALTHY SNACKS

CALCIUM-RICH SNACKS

- ¼ cup tzatziki with 5 wholegrain crackers or vegie sticks
- 1 x 170g tub reduced-fat plain or fruit yoghurt
- 1 tbs almond butter spread on 1 apple, cut into slices
- Handful of Brazil nuts with dried figs
- Berry smoothie made with 1 cup reduced-fat milk & ½ cup blueberries

VEGIE-FUL SNACKS

- 250g baby cucumbers
- ¼ cup guacamole with 1 cup raw vegie sticks
- Homemade baked kale or sweet potato chips lightly sprayed with olive oil
- 1 small can of flavoured chickpeas

FRUITY SNACKS

- Piece of fresh, seasonal fruit (such as apple, banana, orange, mango or nectarine)
- Frozen banana smoothie made with 1 tsp honey & 1 cup reduced-fat milk
- 1 scoop of 'ice-cream' made from pureed frozen banana, mango or raspberries
- 1 cup homemade fruit salad topped with a dollop of Greek-style yoghurt

PROTEIN-RICH SNACKS

- Handful of roasted chickpeas
- ¼ cup hoummos with 5 wholegrain crackers
- 1 hard-boiled egg
- 40g camembert & 10 rice crackers

HUNGER-BUSTING SNACKS

- 2 cups plain popcorn
- 2 Multigrain Corn Thins topped with 1 slice reduced-fat cheddar & 1 sliced tomato
- 1 x 170g tub reduced-fat yoghurt with ½ cup mixed berries
- 30g mixed unsalted nuts
- 1 high-fibre muesli bar (>3g fibre per bar)
- 1 slice wholegrain bread, toasted, with 2 tsp peanut butter



Brought to you by

Real Foods
**CORN
THINS**