



# HEALTHY SNACK *ideas*



**Snacks can make or break your day. Small changes such as choosing healthier alternatives can make a big difference.**

It might be mid-morning, late afternoon or if you work irregular hours – sometime in the very early morning. Whatever the time of day (or night), all of us tend to get into a ‘snacking’ mood at some point in the day. Problem is – we’re all too likely to choose something laden with fat, sugar or salt to help get us to our next main meal.

But the key to snacking is to choose wisely. To avoid introducing unnecessary energy (kilojoules) and at the same time, being able to opt for something that is going to help keep us full until the main event arrives. If you’re not peckish – it is definitely okay to skip the snacking. For those ‘snackers’ out there, we are pleased to present a number of healthier snack ideas to help get you through the mid-morning, late afternoon, early morning or midnight grumble.

Sweet snack ideas:



**Banana**

1 medium sized banana



**Banana smoothie**

1 small frozen banana with 250mL reduced fat milk



**Chocolate milk**

1 glass or (300mL carton) reduced fat chocolate milk



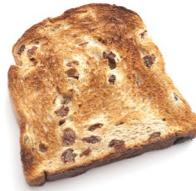
**Crumpet with diet jam**

1 crumpet with 1 tsp diet jam



**Dried apricot**

4 medium halves



**Fruit/raisin toast**

1 slice with 1 tsp margarine



**Frozen grapes**

1 small bunch (20 medium grapes)



**Mandarin**

1 mandarin



**Milk with milo**

1 cup reduced fat milk with 1 tbsp of milo



**Pikelets**

2 pikelets with 1 tsp diet jam



**Pikelets**

2 pikelets with 1 tsp margarine



**Rice cakes**

2 rice cakes with 1 tbsp diet jam



**Rockmelon**

1 cup cubed rockmelon



**Strawberries**

1 cup strawberries



**Fruit snacks**

1 fruit snack pack (140g) or 1 cup tinned fruit in natural juice



**Watermelon**

2 thick slices (150g) of watermelon



**Yoghurt**

1 tub reduced fat yoghurt (200g)



**Yoghurt with muesli**

¾ cup reduced fat yoghurt with 2 tbsp untoasted muesli

Savoury snack ideas:



**Almonds**  
x 15 unsalted



**Beans 'to go'**  
Four bean mix snack pack



**Beans on toast**  
½ can reduced salt baked beans (110g can) with 1 slice wholegrain toast



**Cherry tomatoes**  
1 cup cherry tomatoes



**Cheese on toast**  
1 slice wholegrain bread with 1 thin slice of reduced fat cheese (20g) and 1 tsp tomato paste



**Cheese and crackers**  
1 x snack pack with crackers and reduced fat cheese



**Crackers with cream cheese and smoked salmon**  
2 pieces of smoked salmon with 1 tbsp reduced fat cream cheese on 2 plain crackers



**Egg with low fat mayo on crackers**  
1 boiled egg mixed with 1 tbsp reduced fat mayonnaise on 2 plain crackers



**Flavoured tuna**  
½ can (47.5g) of flavoured tuna



**Crackers with flavoured cream cheese**  
2 tbsp (40g) reduced fat cream cheese on 2 plain crackers



**Pizza muffin**  
½ English muffin, 1tbsp reduced fat cheese and 1 tsp tomato sauce



**Dip and crackers**  
4 tbsp of Tzatziki dip with 4 water crackers



**Gherkin and cheese on crackers**  
2 x gherkins with 1 slice reduced fat cheddar cheese and wholegrain crackers