



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 cream 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