



# Smart BREAK

**To prevent weight gain and save you money, choose snacks that are nutritious and give you long-lasting energy.**

Fast foods are high in fat, sugar, salt and kilojoules. Replace them with snack foods that give you long-lasting energy, prevent weight gain and save you money, like:

- A handful of nuts
- A can of tuna or baked beans
- A bag of popcorn
- A piece of fresh fruit
- A slice of wholegrain toast with low fat cheese
- A small low fat coffee

**Do yourself a favour. Pack healthy snacks.**

For more details visit [gethealthyatwork.com.au](http://gethealthyatwork.com.au)