

Healthy Snacks

Healthy snacks can be included as part of a nutritious eating plan. It is normal to sometimes feel hungry between meals, especially if the last meal was a few hours ago.

If you do feel hungry between meal times, choose snacks that are *low in fat, lower in added sugar and higher in fibre*. Below are some examples.

However, be aware of eating when you are not actually hungry. Eating between meals may sometimes be due to habit, or a response to boredom, stress or emotions.

For further advice and support about health snacking, make an appointment see an Accredited Practising Dietitian.

Fruit

- 1 Medium Piece of Fresh Fruit (e.g. Apple, Orange, Banana)
- 2 Small Pieces of Fresh Fruit (Apricots, Plums, Kiwifruit)
- 1 Cup of Chopped Fresh Fruit or Berries or 15-20 Grapes
- 140g (snack size tub) of Canned Fruit in Natural Juice
- Small Handful or Snack Size Box of Dried Fruit (e.g. 4 Apricot halves, 20 Sultanas)



Vegetable Dippers

- Carrot, Snow Peas, Capsicum, Cherry Tomato, Green Beans, Cucumber, Cauliflower or Broccoli Florets, Celery, Zucchini etc



Served with: $\frac{1}{4}$ Cup Low Fat Tzatziki or Hummus Dip or Tomato Salsa or Low Fat Cottage/Ricotta Cheese or Extra Light Cream Cheese

Low Fat Dairy / Soy

- 200g of Low Fat Natural, Fruit or Diet Yoghurt
- 250ml of Skim or Low Fat Milk
- 1 Slice / 20g Low Fat Cheese



Nuts

- 20-30g of Unsalted, Raw or Dry Roasted Nuts approximately:

10 Walnut Halves	12 Cashews	8 Pecan Halves	15 Almonds
25 Pistachios	5 Macadamia	20 Peanuts	5 Brazil Nuts



Snack Bars

- Be Natural Trail Bars: Honey & Nut, Fruit & Nut, Cranberry
- Uncle Toby's Body Wise Bars
- Carman's Muesli Bites (20g)



Wholegrain Bread, Toasted Muffins and Crackers

- 1 Slice of Wholegrain Bread/Toast or Mountain Bread Wrap
- 1 Slice of Burgen Fruit & Muesli Bread
- 1 Tip Top Grain English Muffin
- 2-4 Grain Crispbread



Healthy Toppings:

- Thin Scrape Margarine and/or 1 Teaspoon Honey or 100% Fruit Jam
- ½-1 Medium Tomato with Pepper or Fresh Basil
- 1 Tablespoon of Low Fat Tzatziki or Low Fat Ricotta or Low Fat Cottage Cheese
- 1 Slice 97% Fat Free Cheese with Dill Pickle, Relish, Tomato or Cucumber
- 2 Teaspoons of 80% Fat Free Philadelphia Cream Cheese & Gherkin
- Capsicum and/or Mushroom, 1 Slice 97% Fat Free Cheese placed under the grill

Savoury Snacks:

- 1 Vita Weat Grain Snack Pack
- 1 Small Wholemeal Pita Pocket cut up, sprayed lightly with olive oil & oven baked
- 2-3 Pappadams cooked in microwave
- 1-2 Cups Air Popped Popcorn
- 10 -15 Wholegrain Rice Crackers or 2-3 Multigrain Corn Thins
- 10 Olives



Soup

- Cup of Vegetable Soup: Homemade or Packaged (e.g. Velish Continental Vegiful or Garden Harvest)



Sweet Biscuits / Confectionary

- 1-2 Arnott's Snack Right Fruit Slice or Fruit Pillow
- Extra Sugar Free Gum, Jols or DD Sugar-Free Hard Boiled Lollies*
(*Note: Excess consumption may have laxative effect)



Hot Beverages

- Low Fat Hot Chocolate made with Jarrah 99% Fat Free Chocolate
- Cup of Ovaltine Light Break
- Skim Milk Cappuccino, Cafe Latte or Flat White Coffee



Cool Alternatives

- Peter's Light n Creamy Ice Cream Slices
- Skinny Cow Ice Cream Portions
- Bulla Frozen Fruit & Yoghurt Mini Sticks
- Cottee's or Aeroplane Diet Jelly Varieties
- Nestle Diet Dessert Range



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