

snack attack!

Snack food makes up a large amount of what we eat. For this reason, the snacks we choose need to provide plenty of good things like vitamins, minerals, fibre and energy as well as tasting good.

Check out these ideas if you're stuck for a snack that actually tastes good!

snacks you can make at home:

- Pancakes or pikelets (*add mashed bananas to mixture for a change*)
- Pita bread (*spread with peanut butter, grated carrot, sprouts and rolled-up*)
- Toasted sandwich - try baked beans with a slice of cheese
- Low fat ice cream or custard with tinned fruit
- Banana smoothie (*use low fat milk or low fat soy drink, blend with ½ banana*)
- Fruit yoghurt smoothie (*blend ½ cup fruit yoghurt plus ½ cup skim milk or low fat milk*) plus some fresh or tinned fruit
- Crackers with cheese, tomato or avocado
- Rice cakes with tuna
- Breakfast cereal

snacks you can buy from a supermarket or shop:

- Slice of fruit loaf/bun
- Fruit/date/pumpkin/ or plain scone
- Rice crackers or pretzels
- Cup of popcorn (*pop in the microwave*)
- Muesli bars
- Small can of baked beans or spaghetti
- Slice of cheese with a bundle of carrot and celery sticks
- Tub of fruit yoghurt or custard
- Carton of reduced fat flavoured milk
- Fruit - fresh, canned or dried (*it's all good*)
- A container of salads (*eg. tabbouleh, pasta, rice*)
- Frozen yoghurt
- Low fat chips
- Corn on the cob
- Sushi