

Smart snacking : not all snacking is bad snacking : Healthy snacks help keep energy levels up : Just cut out the bad ones.

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SMART SNACKING

**NOT ALL SNACKING IS BAD SNACKING.
HEALTHY SNACKS HELP KEEP ENERGY
LEVELS UP. JUST CUT OUT THE BAD ONES.**



NOT ALL SNACKING IS BAD SNACKING. HEALTHY SNACKS DURING THE DAY HELP KEEP ENERGY LEVELS UP AND PROVIDE EXTRA NUTRIENTS LIKE VITAMINS AND MINERALS TO OUR BODIES.

HEALTHY SNACKS ARE AN IMPORTANT PART OF THE DIET AND SHOULD PROVIDE LONG LASTING ENERGY, NUTRIENTS, GOOD FATS, PROTEIN AND FIBRE. HOWEVER, MANY SNACKS CAN BE HIGH IN SATURATED FAT, SUGAR AND SALT (THESE ARE THE ONES WE NEED TO REDUCE).

TAKING TIME TO PLAN THE FOOD YOU EAT EACH DAY AND AVOIDING IMPULSE BUYS MAKES A BIG DIFFERENCE.

SNACKING TIPS

If you do need to snack, plan in advance to reach for healthier options. Some healthier snack options for you to choose:

- Fresh or dried fruit
- Raw vegetable sticks
- Nuts or seeds
- Pretzels or popcorn
- Rich tea biscuits
- Oatcakes with low fat cream cheese
- Wholemeal or multiseed toast
- Houmous with crackers
- Low fat yogurt
- Wholegrain cereal (low sugar)

