Healthy Snack Ideas

Ideal snacks are nutritious, convenient and tasty!

<table>
<thead>
<tr>
<th>Sweet Ideas</th>
<th>Savoury Ideas</th>
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<tbody>
<tr>
<td>Fresh fruit</td>
<td>Cob of sweet corn</td>
</tr>
<tr>
<td>Handful of dried fruit and nuts</td>
<td>Vegetable sticks with low fat dip or peanut butter</td>
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<tr>
<td>Small box of sultanas</td>
<td>Dry, roasted legumes (i.e. chickpeas)</td>
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<tr>
<td>Tinned fruit in natural juice</td>
<td>Plain popcorn</td>
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<tr>
<td>Fruit skewers</td>
<td>High fibre breakfast cereal with low fat milk</td>
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<tr>
<td>Low fat yoghurt or custard</td>
<td>Pretzels</td>
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<tr>
<td>Sorbet</td>
<td>Pita bread or crumpet with cheese or spread</td>
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<tr>
<td>Low fat ice-cream in a cone</td>
<td>Baked beans or spaghetti</td>
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<tr>
<td>Low fat frozen yoghurt</td>
<td>Mini pizza – pita bread topped with tomato paste, low fat cheese and veggie toppings</td>
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<tr>
<td>Milkshake made with fruit and low fat milk</td>
<td>Multigrain sandwich with low fat fillings</td>
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<tr>
<td>Multigrain or fruit toasted muffin with</td>
<td>Small handful of rice crackers</td>
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<tr>
<td>reduced fat spread</td>
<td>Wholemeal crackers with low fat cheese or avocado</td>
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<tr>
<td>Raisin toast with reduced fat cream cheese</td>
<td>Rice cakes with reduced fat cream cheese or Vegemite®</td>
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<tr>
<td>Home-made, low fat fruit/oat/bran muffins</td>
<td>Vegetable soup</td>
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<tr>
<td>Pancakes/pikelets</td>
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<tr>
<td>Small carton of low fat flavoured milk</td>
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</tbody>
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Name and Phone: ...........................................