

Healthy Snack Ideas

Ideal snacks are nutritious, convenient and tasty!

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

Name and Phone: