

SNACK ATTACK

We all know that eating some foods between meals is not good for us. Why not use this list to make tastier, healthier choices:

SUPER SNACKS

Try to choose these to eat most of the time. They are very low in sugar and also low in fat.



- Fresh fruit e.g. apple, banana, oranges, plums, pears, peaches, grapes.
- Raw vegetables e.g. carrot, celery, tomato, cucumber, peppers.
- Bread, bread rolls, bread sticks, sandwiches (with savoury fillings), toast, rice cakes.
- Plain biscuits e.g. Rich Tea, Marie.
- Crackers and crispbread, Plain popcorn, Twiglets.
- Reduced fat cheese portions e.g Dairy Lea Triangles
- Salad-filled sandwiches.
- Low fat and sugar natural yogurt

So-So SNACKS

These can contain high amounts of fat or concentrated amounts of natural sugar, as well as salt. Try not to eat these too often between meals.



- Peanuts*, nuts* and raisins, Trail mix*, Bombay mix*.
- Crisps, Wotsits, Chipsticks, Monster Munch, Wheat crunchies, Tortilla chips, Low fat crisps, Mini Cheddars, Hula-Hoops, Sweetened popcorn.
- Biscuits e.g. Digestive, Hobnobs, Hobnobs.
- Jordans, Tracker or Harvest Crunch cereal bars, plain or fruit scones, cheese scones, teacakes, crumpets and muffins.
- Cheese portions.
- Dried fruit e.g. raisins, dried apricot, tropical fruit mixes.
- Reduced sugar sweets and chocolates, e.g. Sugar-free mints

SILLY SNACKS

These contain large amounts of sugar, and in some cases, fat. Save them to eat at meals rather than between meals.



- Sweets e.g. Jellies, pastilles, fruit gums, liquorice, chews, boiled sweets, mints.
- Chocolate e.g. Milk chocolate, filled chocolate bars, chocolate eggs.
- Cakes e.g. Mini chocolate rolls, doughnuts, chocolate biscuits, chocolate crispy-cakes, fairy cakes, flapjack, gateaux, apple pies, jam tarts.
- Sweet biscuits.
- Cream-filled biscuits.

* Not suitable for under 5 years old.