



Food Facts

Help Yourself to Healthy Snacks

While many people try to avoid snacking, sometimes eating between meals can be a good idea. For example, you may need a snack before or after exercise, or if it's a long time between meals. Remember it's not snacking that's bad for you, it's what you snack on. So choose things that don't contain too much fat, sugar or salt and look for those that give you more calcium, fibre and vitamins.

Breads, Other Cereals and Potatoes

These foods fuel our body throughout the day. They are low in fat, and contain even more fibre and minerals if you choose wholegrain types. Try these easy snack suggestions:

- Plain or fruit scone with jam
- Small bowl of wholegrain breakfast cereal with semi-skimmed milk
- Half sandwich or slice of toast with banana and a little honey
- Handful of rice crackers or a rice cake
- Half a bagel with low-fat cheese spread



Fit in Fruit and Veg

Many of these foods are perfectly packaged for snacking, at home or on the go: bananas, clementines and apples, for example. Keep some fruit in a bowl somewhere it's easy to grab. Here are some more interesting ideas:

- Handful of dried fruit
- Carrot, cucumber or celery sticks with cottage cheese
- Chopped melon or pineapple (tinned or fresh)
- Frozen grapes



Dish Up the Dairy Foods

Many of us don't take in enough calcium. Snacking on these foods can help you to reach your recommended three servings of dairy foods each day:

- Low-fat yoghurt
- Low-calorie hot chocolate mix made with semi-skimmed milk
- Cottage cheese and plain crackers
- Fruit smoothie made with semi-skimmed milk



Occasional Snacks

Foods such as crisps, chips, most sweet biscuits, chocolate and sweets are common snacks that are high in fat, sugar or salt. They are fine to eat occasionally, but should not be an everyday choice. If you are unsure whether a snack you are choosing is an everyday or an occasional food, check out the nutrition panel and follow these guidelines:



Good Choice:

- Fat content is up to 3 grams per 100g
- Sugar content is up to 2 grams per 100g
- Sodium (a component of salt) content is up to 0.1 grams per 100g

Occasional Choice:

- Fat content is 20 grams or more per 100g
- Sugar content is 10 grams or more per 100g
- Sodium (a component of salt) content is 0.5 grams or more per 100g



What type of snacks do you usually choose? If they're often high in fat or sugar, try to think of ways to include healthier snacks. For example, try not to buy crisps or sweet biscuits at the supermarket so you're not tempted at home or buy smaller packs. Bring a bag of fruit to work each week or keep a stash of rice crackers in a desk drawer. With just a little reorganisation, it's easy to make your snacks a healthy and valuable part of your diet.

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