



HEALTH MANAGEMENT DIETETICS

Healthy Snacks

Snacks can help you grow, give you energy, reduce hunger and improve concentration. Snacks are especially important when you are young and still growing and developing. But, as with main meals, your snack choices need to be healthy and full of good nutrition.

Snacks can be split into 'everyday' snacks and 'treat' snacks. Everyday snacks should be eaten most of the time and 'treat' snacks should be limited to a small serve once a day, at parties or for special occasions.

Every day snacks are high in fibre, low fat, and low added sugar and taste yummy and are filling to prevent hunger between meals.

Here are some ideas:

Treat snacks (Not Healthy) (limit to one a day)	Everyday snacks (Healthy) (about 2-4 each day)
Small packet of corn chips	Fruit
Small packet of chips	Dried Fruit
Cordial	Tinned Fruit
Lollies	97% fat free noodles
Ice cream	Plain crackers (saos, vitaweats or ryvita)
Ice block	Veggie Sticks
Doughnut	Yoghurt
Shapes	Low Fat cheese
Biscuits	Milk
Small chocolate bar	Tinned tuna or salmon
Party pie or dim sim	Nuts
Small packet of lollies	Toast, crumpets
Sweet biscuits, cake, muffins	Healthy muesli bars (oats and fruit ones)

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