

Smart Snacking

Regular snacks are an important part of normal healthy eating. Having snacks throughout the day helps you to meet your body's energy needs, satisfy food cravings and improve your nutritional wellbeing. It is recommended to include a variety of snacks and to eat every 2-3 hours to fuel your body.

Here are some good snack ideas recommended by a Dietitian

Fresh or dried fruit
Fruit bars
Fruit juice
Fruit frappe
Smoothie (with milk, yoghurt and fruit)
Smoothie or Acai bowl



Milkshake (milk, ice cream and flavourings)
Milk drink (Milo, Sustagen, hot chocolate, chai, Ensure, Up & Go)
Flavoured or plain milk
Yoghurt with toppings (add fruit, nuts, muesli and/or granola)
Frozen yoghurt with toppings
Dairy-based dessert (mousse, custard)
Bowl of cereal, muesli or granola (with milk and/or yoghurt)

Crackers with spreads (butter, vegemite, peanut butter, nutella, cream cheese)
Crackers with toppings (tuna, avocado, cheese, ricotta and honey, peanut butter and banana)
Corn chips with dip (guacamole, hummus)
Pretzels
Packet of chips (potato or corn chips)
Popcorn



Raisin toast or fruit bread with spread (butter, cream cheese, ricotta and jam)
English muffins, crumpets, pikelets
Fresh bread or toast with toppings (cheese and tomato, baked beans, ricotta and jam)
Sushi
Sandwich or wrap with fillings
Nuts
Mixed fruit and nuts (apricot delights, trail mix, dates, chocolate-coated nuts and fruit)
Muesli bars or nut bars

Biscuits (chocolate-based, arrowroot)
Pastry (croissant, danish, lemon tart)
Slice or cookie (brownie, caramel slice)
Baked goods (sweet or savory scroll, scone, muffin, banana bread)
Piece of cake
Chocolate bar, pieces of chocolate
Ice cream or gelato (stick or cone)
Rice pudding