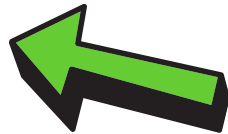


# Snack Smarter

Snacking is an important part of a healthy lifestyle. We can think of snacks as a mini meal, or something small to tide us over so we aren't super hungry before our next meal. We want our snacks to be nourishing and yummy, so that we can be sure we are getting good nutrition and feel satisfied! When you chose your snack, ask yourself:

- How hungry am I?
- What does my body need?
- What do I feel like?

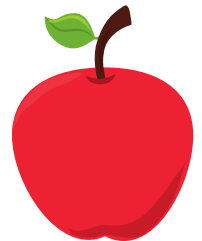
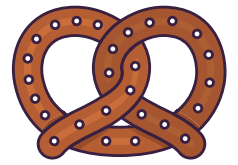


## MINDFUL EATING

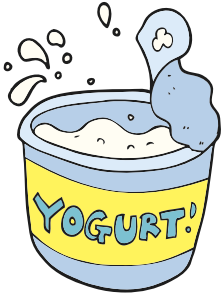
### Snacking tips:

- Protein, fibre and fats stay in our belly for longer, which keeps us satisfied
- Fruit and vegetables help get us to our 5+a day
- Keep hydrated and have water, sometimes we are thirsty not hungry!

### Write down your favourite snacks here:



# Snack Smarter



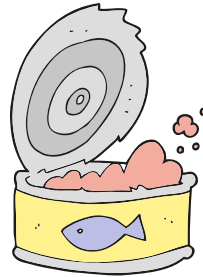
Unsweetened greek yoghurt



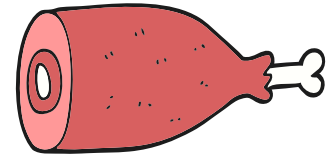
Poached, boiled or oil free pan-fried egg



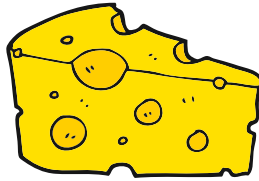
Seeds, nuts, or nut butter



Canned tuna, salmon or sardines



Lean shaved ham or shredded chicken



Edam or cottage cheese

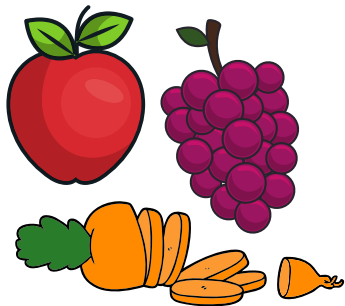


## Snack away with combinations of nourishing foods:

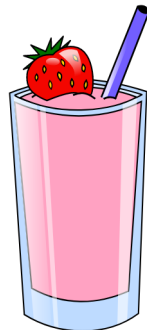
Protein and fat from dairy, meat and meat alternatives

+

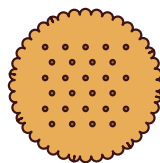
Fibre from fruit, vegetables grains and cereals



Diced, chopped, frozen fruit & vegetables



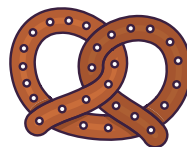
Smoothie



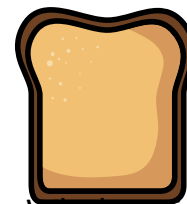
Wholegrain crackers, e.g. Vita-Weats



Oats



Pretzels (just be aware of the salt!)



Wholegrain bread

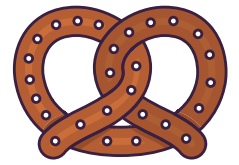


Low-salt popcorn

## Snacks for at home or work:

Be prepared and have healthy snacks on hand at home and at work to stop you reaching for foods which may not make you feel good.

- 1 hard boiled egg
- 4 wholegrain crackers with hummus or cheese and tomato
- A pottle of reduced fat yoghurt (watch out for added sugar)
- Tinned fruit (1 cup) or a piece of fresh fruit, e.g. apple, kiwifruit, banana or orange
- Raw, unsalted nuts. E.g. almond, cashew, walnuts—approximately 10-12
- Plain popcorn—avoid added butter and salt
- 1 slice of wholegrain toast with peanut butter and banana or avocado and tomato
- Small tin of tuna or salmon in spring water with crackers or carrot sticks
- Raw vegetable sticks (carrot, celery, capsicum) with hummus or tomato salsa
- A sachet of microwave oats with trim milk
- Two rice cakes topped with ricotta cheese and tomato
- A small bowl of high fibre cereal and trim milk
- Whip up a trim milk, banana, oats, low-fat yoghurt smoothie
- Salt-reduced tinned soup
- Homemade seed crackers



## Snacks for after school:

After school kids may need something to eat before dinner, remember they have smaller stomachs so may need to have smaller snacks more often.

- Cubes of Edam cheese and pineapple pieces on sticks
- Fruit kebabs: thread chunks of fruit on kebab sticks. Serve with yoghurt as a dip
- Healthy nibbles platter: try crackers, cherry tomatoes, shaved ham/shredded chicken, chunks of Edam cheese and grapes
- Fill celery sticks with 2 teaspoons peanut butter or cream cheese and add raisins
- Slice of Vogel's Fruit toast with 1 teaspoon peanut butter
- Handful of trail mix – nuts, seeds and dried fruit
- Frozen fruit—try grapes or a banana
- Left over cooked vegetables such a potato, kumara or taro
- Toasted sandwich e.g. cheese and tomato

