

Healthy Snacks



Easy Read

NHS Grampian ALD Dietetics Service

Healthy Snacks



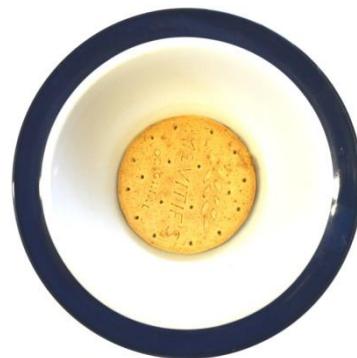
Fresh fruit



Diet yoghurt



Toast
and low fat spread



Plain biscuit



Cereal
and semi skimmed milk



Crackers
and cottage cheese



Pancake
and low fat spread



Rice cakes
and low fat cheese spread



Dried fruit



Tinned fruit



Houmous,
carrots and celery