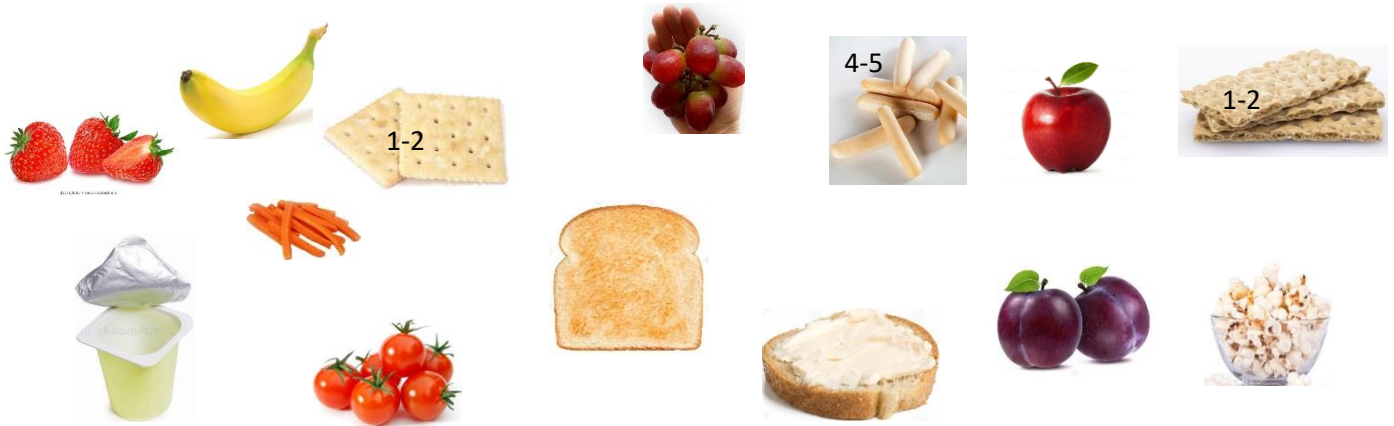


Healthy Snacks

Snacks are often very helpful to give us energy if we are hungry between meals however not all snacks are the best choice. This diet sheet shows you how often we should be eating different types of snacks.

Green snacks choose these snacks most of the time. They are low in fat and added sugar.



Orange snacks choose 1 of these snacks occasionally (less than once a day). They contain some fat, added sugars and are higher in salt.



Red Snacks. Only to be had as very occasional snacks because they are high in fat, added sugars and salt. Try to have these a maximum of 1-2 times a week.

