

# Healthy snacks

If you are feeling hungry, choose healthy snacks as a part of a balanced diet. Speak to your health professional about the number of snacks that is right for you. Snacks that are **in bold blue font** have little or no affect on blood glucose levels.

## Vegetables and dips

Try a range of different cut up vegetables served with ¼ cup of dip. These can be fresh or pre-packaged cut up vegetables including Just Veg Carrot Sticks, Coles Broccoli or Cauliflower Florets.

### Vegetable ideas:

- Carrot
- Snow peas
- Capsicum
- Tomatoes
- Green beans
- Cucumber
- Celery
- Radish
- Zucchini
- Cauliflower
- Broccoli



### Some dip examples:

#### Chris':

- Tzatziki
- Hommus
- Egyptian Beetroot

#### Black Swan:

- Hommus
- Tzatziki
- Sweet Potato Cashew
- Roasted Garlic Hommus

#### Castlemaine:

- Turkish Beetroot
- Mediterranean Carrot

## Nuts and Seeds

Grab a small handful of unsalted raw or dry roasted nuts or seeds. This would be:

- 10 Walnut halves
- 15 Almonds
- 8 Macadmia
- 15 Cashews
- 18 Hazelnuts
- 20 Peanuts
- 8 Pecan halves
- 25 Pistachios
- 5 Brazil nuts



Add your favourite nuts and seeds together to create a snack. For example ¼ cup of **Sunflower seeds, Pepitas (pumpkin seeds)** or other seeds added to 15 almonds.

## Legumes

Snap open a small tin of legumes.

### Some legume examples:

#### Edgell:

- Snack Time Chickpeas with Olive Oil
- Garlic and Rosemary
- Red Kidney Beans with Chilli Olive Oil
- 4 Bean Mix (125g)

#### Heinz:

- Baked Beans Salt Reduced



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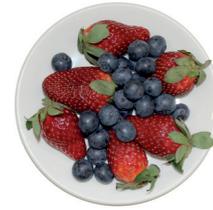
## Fruit

Choose a serve of fruit.

### Some fruit examples:

- 1 medium piece of fresh such as an apple or small banana
- 2 small pieces of fruit such as kiwi fruit, mandarin
- 1 cup of chopped fresh fruit or berries
- 15 grapes
- 140g (snack tub) of canned fruit in juice
- A snack size box of dried fruit or 4 apricot halves or 20 sultanas

Frozen fruit including berries or mango are also good choices.



## Reduced fat dairy, soy and almond milk products

Choose a tub of reduced fat natural, fruit or no added sugar yoghurt.

### Some yoghurt examples:

#### Jalna:

- Low Fat Greek
- Fat Free Natural

#### Tamar Valley:

- Plain Natural

#### Vaalia:

- Low Fat Range

#### Yoplait:

- Real Fruit
- Vanilla
- Forme Zero Range



### Some reduced fat milk examples:

Choose a glass (250ml) of reduced fat milk.

Remember a small cafe latte or cappuccino will count as a snack.

#### Dairy Farmers:

- Heart Active

#### Pauls:

- Smarter White
- PhysiCAL Low Fat



### Some almond and soy milk examples:

Have a glass of reduced fat or unsweetened soy, or unsweetened almond milk (250ml).

#### Vitasoy:

- Protein Plus
- Oat Milk
- Unsweetened Almond Milk

#### Blue Diamond:

- Unsweetened Almond Breeze



### Some cheese examples:

Choose 2 slices of cheese (40g).

#### Bega:

- 50% Less Fat

#### Jarlsberg:

- Lite Cheese Slices



# Healthy snacks

## Wholegrain bread and crackers

Enjoy a slice of bread, flatbread or a few crispbreads with a healthy topping or spread.

### Some crispbread examples:

Arnott's:

- Vita-Weat 9 Grains
- Vita-Weat Five Super Seeds

Ryvita:

- Crispbread Multigrain
- Crispbread Original Rye



### Some bread examples:

Abbott's Village:

- Country Grain

Alpine:

- Spelt and Barley Fruit
- Spelt and Barley Sourdough
- Spelt and Sprouted Grain
- Heart Fibre Barley Max
- Super Natural Protein

Bakers Delight:

- Cape Seed
- Hi-Fibre Lo-GI White



### Some flatbread examples:

Freedom Foods:

- Barley + Whole Grain Barley Wraps

MEB Foods:

- Wholemeal Fresh Pocket Pita

Mission:

- Corn Tortilla
- Low Gi Wraps



### Healthy topping and spread ideas:

- Sliced tomato with pepper and fresh basil
- 1 slice of reduced fat cheese with tomato, cucumber or pickle
- 1 tablespoon of reduced fat ricotta, cottage or Philadelphia cheese
- ¼ smashed avocado
- 1 tablespoon of dip



## Protein

Snacks high in protein can be a great way to fill you up for longer.

### Some examples:

- Small can of tuna
- Small can of salmon
- Small can of sardines
- Hard boiled eggs
- Tofu
- Canned chicken



## Savoury snacks

Enjoy these convenient savoury snacks.

### Some examples:

The Happy Snack Company:

- 25g pack Roasted Fav-VA Beans and Chickpeas

Cobbs:

- 1-2 cups of air popped popcorn

Mission:

- Original Tortilla Strips (10 strips)
- 5-10 olives



# Healthy snacks

## Hot beverages and soups

### Hot beverage examples include:

- Green, black and herbal tea
- Black Coffee with a dash of milk
- Sugar free Hot Chocolate e.g. 100% Cocoa Powder

#### Avalanche:

- Sugar Free Chocolate Powder range

#### Jarrah:

- 99% Fat Free Hot Chocolate

#### Ovaltine:

- Light Break



Soups can be homemade or from the supermarket including shelf, instant and refrigerated options.

### Some soup examples include:

- **Homemade Vegetable Soup**

#### Amy's Kitchen:

- Organic range

#### Campbell's:

- Country Ladel, Simple Soup Fully Loaded

#### La Zuppa:

- Just Add Water Range

#### Heinz:

- Classic range (Except Spiced Lentil), Soup of Day, Single Serve Range

#### Pitango:

- Refrigerated range except Creamy Carrot and Coconut



## Sweet snacks

### Some sweet snacks examples:

- Extra sugar free gum and mints
- Slim Fruit
- Jols
- Sugarless
- Double D lollies
- Aeroplane Jelly Lite

#### Chia Pod:

- Dark Cacao

#### Macro:

- Apple and Sultana Quinoa Bites
- Protein Bowl - Acai and Mixed Berry



### Muesli bars:

#### Carman's:

- Fruit Free Bars

#### Freedom Foods:

- Barley+

#### Uncle Tobys:

- Blueberry and Ancient Grains
- Ancient Grains and Seeds
- Mango, Vanilla and Chia



## Chilled desserts

#### Peters:

- 2 scoops, No Added Sugar Vanilla or Salted Caramel Ice-cream

#### Skinny Cow:

- 1 sundae

#### So Good:

- 2 scoops, Chocolate Bliss, Vanilla Bliss Frozen Dessert

#### Halo Top:

- 2 scoops, Ice Cream range



# Healthy snacks

## Preparing healthy snacks

Whilst there are a number of suitable packaged snack options, there are a number of easy ways to prepare healthy homemade snacks. (Gf) = Gluten free

Healthy snack option	Method	Foods required
<b>Roasted chickpeas (Gf)</b>	<ul style="list-style-type: none"> <li>• Drain 1 400g can of tinned chickpeas.</li> <li>• Lay flat on a lined baking tray.</li> <li>• Spray evenly with olive oil spray.</li> <li>• Add a low salt seasoning on top.</li> <li>• Bake in oven 180 degrees celsius for 40 minutes.</li> </ul>	Serving size: ½ cup (30g) 
<b>Roasted vegetable chips (Gf)</b>	<ul style="list-style-type: none"> <li>• Once washed, thinly slice all vegetables.</li> <li>• Lay flat on a lined baking tray.</li> <li>• Spray evenly with olive oil spray.</li> <li>• Add a low-salt seasoning on top.</li> <li>• Bake in oven 180 degrees celsius for 10–20 minutes or until crispy.</li> </ul>	Serving size: 1 cup 
<b>Roasted pita chips</b>	<ul style="list-style-type: none"> <li>• Cut up 1–2 wholemeal or wholegrain pita bread into triangles.</li> <li>• Lay flat on a lined baking tray.</li> <li>• Spray evenly with olive oil spray.</li> <li>• Bake in oven 180 degrees celsius for 10–15 minutes or until crispy.</li> </ul>	Serving size: 1 Pita 
<b>Healthy muesli bar</b>	<ul style="list-style-type: none"> <li>• Combine 1 cup of each sultanas, almonds and sunflower seeds into a food processor</li> <li>• Add 1 tablespoon of chia seeds.</li> <li>• Combine 2 whisked egg whites, 1 cup rolled oats, 1 teaspoon cinnamon and nutmeg to the mix.</li> <li>• Lay mix in flat lined baking tray.</li> <li>• Bake in oven 180 degrees celsius for 10–15 minutes or until crispy.</li> </ul>	Serving size: 35g 
<b>Protein balls (Gf)</b>	<ul style="list-style-type: none"> <li>• In a blender, combine 1 cup pitted dates, 1 cup walnuts and 1 tablespoon of unsweetened cocoa powder.</li> <li>• Moisten with water if required.</li> <li>• Roll in small balls of 20 cent piece diameter</li> <li>• Chill in the fridge.</li> </ul>	Serving size: 2 balls 
<b>Smoothie (Gf)</b>	<ul style="list-style-type: none"> <li>• In a blender, add 100mls of reduced fat milk, 1 cup strawberries (frozen or fresh), 1 tablespoon natural/Greek reduced fat yoghurt, 1 tablespoon chia seeds and 100mls water.</li> <li>• Blend until smooth.</li> </ul>	Serving size: 200–250mls 