

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 effect on blood glucose levels.

Vegetables and dips

Try a range of different cut up vegetables served with $\frac{1}{4}$ cup of dip. These can be fresh or pre-packaged cut up vegetables including:

Vegetable ideas:

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

Some dip examples:

Chris':

- Tzatziki
- Hommus
- Beetroot

Black Swan:

- Skinny Hommus
- Skinny Tzatziki
- Sweet Potato and Cashew
- Roasted Garlic Hommus
- Salsa range

Yumi's:

- Sweet Potato and Cashew
- Baba Ganoush



Nuts and Seeds

Grab a small handful, about $\frac{1}{4}$ cup of unsalted raw or dry roasted nuts or seeds. This would be:

- Walnut halves
- Cashews
- Pecan halves
- Almonds
- Hazelnuts
- Pistachios
- Macadamias
- Peanuts
- Brazil nuts



Add your favourite nuts and seeds together to create a snack. For example $\frac{1}{4}$ cup of **Sunflower seeds**, **Pumpkin seeds** or other seeds added to almonds.

Fruit

Choose a serve of fruit.

- 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.



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Legumes

Snap open a small tin of legumes.

Some legume examples:

Edgell:

Snack time range

Heinz:

- Baked Beans Salt Reduced 130g can



Reduced fat dairy, soy and almond milk products

Choose a tub or 200g of reduced fat natural Greek, fruit or no added sugar yoghurt.

Some yoghurt examples:

Jalna:

Natural

Tamar Valley:

- Natural 99.85% Fat Free

Yoplait:

- Real Fruit
- Vanilla and Forme Zero Range



Some reduced fat milk examples:

Choose a small glass or 250ml of reduced fat milk.
Remember a small milk based coffee will count as a snack.



Some almond and soy milk examples:

Have a small glass or 250ml of reduced fat, calcium fortified unsweetened soy, or unsweetened **almond milk**.

Vitasoy:

- Protein Plus Soy Milk
- Unsweetened **Almond Milk**

Blue Diamond:

- Unsweetened **Almond Breeze**



Protein

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

Some examples:

- **Small can of tuna, salmon, sardines, salt reduced baked beans or chicken**
- **Hard boiled eggs**
- **Tofu**
- **Edamame**



Healthy snacks

Wholegrain bread and crackers

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

Some crispbread examples:

Arnott's:

- Vita-Weat Pumpkin Seed and Grains

Ryvita:

- Multigrain
- Original Rye



Some bread examples:

Helga's:

- Wholemeal Grain
- Grains & Seeds Sourdough
- Lower Carb Wholemeal and Seed

Alpine:

- Spelt and Sprouted Grain
- Super Natural Protein

Bakers Delight:

- Cape Seed
- Hi-Fibre Lo-Gi White
- Chia and Tin Fruit Loaf



Some Gluten Free breads:

- Abbott Gluten Free Mixed Grain & Soy and Linseed
- Woolworths Free From Gluten Seeded and Wholemeal
- Coles I'm Free from Wholemeal & Five Seed bread

Some flat bread examples:

MEB Foods:

- Wholemeal Pocket Pita

Mission:

- Corn Tortilla
- Low Gi Wraps



Some Gluten Free flat breads:

- BFree Pita Pockets, Wholegrain & Sweet Potato Wraps

Some topping and spread ideas:

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



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:

- 99% Sugar Free Drinking Chocolate

Jarrah:

- 97% Sugar Free Hot Choc

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

Pitango:

- Refrigerated range

Campbell's:

- Country Ladle
- Chunky range



Sweet snacks

Some sweet snacks examples:

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

Carman's:

- Original Fruit-Free Muesli Bars

Think Food:

- MunchMe Pumpkin Seed



Savoury snacks

Enjoy these convenient savoury snacks.

Some examples:

The Happy Snack Company:

- 25g pack Roasted Chickpeas and Fava Beans range except for Chocolate Coated

Cobs:

- 1-2 cups of air popped popcorn

Mission:

- 10 Original Tortilla Strips
- 5-10 olives



Healthy snacks

Preparing healthy snacks

You can make your own healthy snacks using the ideas below:

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