



# foodwise

## Hunger Buster Snacks

**FACT** Snacks can be part of a healthy, balanced diet. It's just a matter of choosing tasty and nutritious options.



### The snacking do's

1. Have a snack to match your hunger – try not to snack out of habit
2. Base your snacks on foods from the Five Food Groups (vegetables, fruit, breads and cereals, meat and meat alternatives and dairy)
3. Prepare your snacks in advance – **plan** what you're going to have
4. Watch your portion sizes – remember this is a snack not another meal
5. Make time for snacks
6. Make it interesting – try different snacks so you don't get bored.



### Smart snacking

Try swapping processed snack foods for alternatives

SNACK FOOD	HEALTHY ALTERNATIVE	WHY
Bag of chips	Wholegrain crackers and reduced fat cheese	Less saturated fats, more protein, calcium and fibre
Choc chip cookies	Wholegrain toast with peanut butter and honey or hazelnut spread	Lower GI, more filling, less saturated fats. Contains essential fats and fibre
Shapes™	Wholegrain crackers or oven chips and dip	Less saturated fats and salt, more fibre
Cake	Raisin toast or fruit pikelets	Less saturated fats and sugar, more fibre
Meat pie	Toasted ham, cheese and tomato sandwich	Less saturated fats, more calcium, protein and fibre

# Hunger Buster Snacks

There are heaps of ways you can make quick and tasty snacks at home.

- Toasted sandwiches – try baked beans, creamed corn, ham and cheese, banana and honey
- Mini pizza's – top English muffins with pizza sauce, chopped vegies, ham and cheese
- 2 minute noodles – add frozen vegetables and leftover chicken if you have it
- Bowl of pasta with a tin of flavoured tuna OR pasta sauce and vegies
- Smoothies or milkshakes made with reduced fat milk, yoghurt, fresh fruit or flavouring
- Wholegrain crackers with cheese, dips or nut spreads
- Bowl of wholegrain breakfast cereal and milk
- Oven baked potato or sweet potato chips with dip
- Homemade pita bread chips with salsa dip
- Homemade popcorn
- Veggie sticks (capsicum, carrot, celery) and hummus.



Sandwich makers are useful to have in the kitchen – you can fry eggs or cook a minute steak to have on a sandwich with tomato and lettuce.

When you're out and about it's easy to find or pack snacks that taste great and give you energy.

PACK	GRAB WHILE YOU'RE OUT
Piece of fruit	Reduced fat milkshake or smoothie
Dried fruit & nut mix	Sandwich or roll
Muesli bar	Frozen yoghurt with fruit
Up & Go™	Sushi roll or rice paper roll
Cheese & crackers	Savoury roll from bakery, e.g. cheese and spinach
Sandwich	Fruit salad



Invest in a hand held blender so you can invent your own nutritious drinks.

## Where can I find out more information?

### HERE ARE 3 WAYS:

1. **TALK** to your GP
2. **MAKE A FREE APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
3. **CHECK OUT** more Foodwise factsheets at [www.health.act.gov.au](http://www.health.act.gov.au)

