IN NEED OF A HEALTHY SNACK BETWEEN MEALS?

NATIONAL NUTRITION WEEK
MAKE HEALTHY FOOD CHOICES EASIER
9-15 OCTOBER 2022

IF YOU'RE FEELING HUNGRY, HAVE A HEALTHY SNACK IN-BETWEEN MEALS RATHER THAN OVEREATING AT THE NEXT MEAL...

Most healthy eating plans allow for one or two small **healthy** snacks a day!



Limit foods such as sweets, chocolates, crisps and biscuits, as these are often high in sugar, salt and fat.

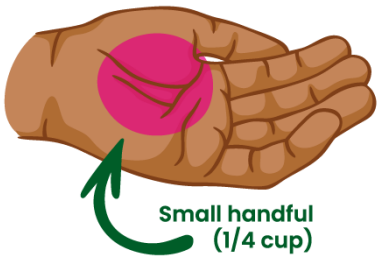
Choosing vegetables and fruit as snacks in addition to meals, can help you achieve eating 3 portions of vegetables and 2 portions of fruit per day.





SOME EXAMPLES INCLUDE

- a medium-sized fruit.
- 1 cup grapes or berries.
- a medium-sized apple cut into pieces and dipped in a peanut butter and yoghurt dip (2 teaspoons of peanut butter and ¾ cup of low-fat, unsweetened yoghurt).
- 1 cup carrots, broccoli, celery sticks, green beans or bell peppers (or combinations of any of these) with 2 tablespoons hummus, low-fat unsweetened yoghurt or low-fat cottage cheese.



OTHER SNACK OPTIONS INCLUDE

Nuts, nut trail mix, mopani worms, biltong (ostrich or game), pretzels, wholewheat crackers, yoghurt or maas.

Be mindful of the amount you eat as these foods can be quite high in salt or sugar.

REMEMBER

Drink lots of clean safe water during the day. Drink more water when the weather is warm or if you are more active. Limit sugary drinks such as sugary fizzy drinks, fruit juices, sports drinks, sweetened milk or yoghurt-based drinks, sweetened iced teas, sweetened flavoured drinks (e.g. flavoured water) and energy drinks.



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