

Healthier Snacks

Snacks can make or break your day.

Small changes such as choosing healthier alternatives can make a **big difference**.



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Healthier snacks

Let's be frank, we don't really need to snack. Our main meals should be nutritious and filling enough to keep us satisfied throughout the day (or night, for some of us). But if you are more inclined to graze or snack throughout the day there are a couple of things to remember.

Firstly, start by drinking a glass of water. You might actually be thirsty, rather than hungry and this may satisfy your urge to snack. Secondly, be aware of the snack pitfalls - often the easy options are high in fat, sugar, salt and energy (kilojoules).

The solution? The key to snacking is to choose food and drink items that are tasty, filling and also nutritious. This will help keep you full until your next meal, while minimising extra, unnecessary energy that, if not used by the body, can be stored as fat.

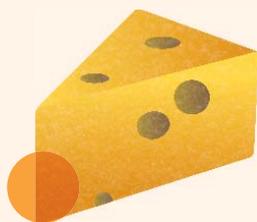
To help you on your way, we are pleased to present 80 tried and tested, sweet and savoury snack ideas to guide you through your most peckish times of the day or night.

The snacks presented here, are categorised as either 'green' or 'amber', according to the following definitions:



Green items:

Greater nutrient value and are low in saturated fat, added sugar and salt. Examples include fruits and vegetables, lean meats, low fat dairy products, wholegrains, eggs and legumes.



Amber items:

Some nutritional value but contain moderate amounts of saturated fat, added sugar and/or salt and can contribute to excess energy intake. Examples include low-sugar drinks, full-fat dairy products and white varieties of breads and cereals.



Red items:

Limited nutritional value, are energy dense - high in saturated fat, sugar and salt. For this reason, red foods have not been included in this guide. Examples include sweet biscuits, confectionery, sugar sweetened drinks and deep fried foods.

More information on these food and drink categories can be found in the Healthier Food and Drink Guide.

We hope this booklet inspires a couple of new snack ideas for you to experiment with in the workplace. For those seasoned snack veterans out there, should you have a snack idea that you would like to share, please email hchf@education.wa.edu.au

Healthier snacks: for the sweet tooth

Product		Quantity & Method	Categorisation
Almond butter apple		1 apple, quartered, with 1 tbsp almond paste	Amber
Apple and cinnamon		1 apple, quartered with a sprinkle of cinnamon. Apples are in season in autumn, winter and spring	Green
Apricot, dried		10 medium halves	Green
Autumn fruits		Grapes, kiwifruit, rockmelon and watermelon are all great snacks in autumn	Green
Banana		1 medium sized banana. In WA you can enjoy bananas all year round	Green
Banana butter toast		1 slice wholemeal bread spread with ½ tbsp of peanut butter topped with ½ a sliced banana	Green
Banana smoothie		1 small banana blended with 150mL reduced fat or skim milk	Green
Cereal to go		Wholegrain breakfast cereal (45g) with reduced fat or skim milk	Green

Product

Quantity & Method

Categorisation

Chai latte 'light'
sachet



Prepared as directed with
water (250mL)

Amber

Chocolate milk



1 glass (200mL) or
<300mL carton reduced
fat chocolate or flavoured
milk

Green

Cream cheese
waffle



1 frozen waffle, toasted with
1 tbsp reduced fat cream
cheese, topped with 2
sliced strawberries

Amber

Crumpet with diet
jam



1 crumpet with 1 tsp diet
jam

Amber

Custard with
berries



Reduced fat custard,
prepared as directed:
 $\frac{3}{4}$ cup with $\frac{1}{4}$ cup mixed
berries

Green

Dried figs



2 figs (30g)

Green

Dried fruit



50g snack pack

Green

Dried fruit biscuits



2 fruit biscuits

Green

Fresh dates



2 dates (20g)

Green

Product

Quantity & Method

Categorisation

Frozen berries



1 cup frozen berries

Green

Frozen grapes



1 small bunch
(20 medium grapes)

Green

Frozen yoghurt



1 cup reduced fat frozen
yoghurt

Green

Fruche



150g (1 tub) Fruche

Green

Fruit juice



1 cup (250mL) 100%
fruit juice

Green

Fruit muesli bar



Average (35g) bar without
yoghurt or chocolate
toppings/additions

Amber

Fruit snacks



1 fruit snack pack (140g) or
½ cup tinned fruit in natural
juice

Green

Fruit/raisin toast



1 slice with 1 tsp margarine

Amber

Handful of plain
wheat breakfast
cereal



½ cup (25g) plain
wholegrain cereal

Green

Product

Quantity & Method

Categorisation

Honey-spiced
oven roasted
chickpeas



1 cup (100g) roasted
chickpeas
Recipe at:
<http://livelighter.com.au>

Amber

Instant oats



Instant oat sachets (35g)
plain or flavoured

Green

Mandarin



1 mandarin
Mandarins are in season in
spring and winter

Green

Mineral water with
citrus fruit



1 cup of mineral water with
a slice of your favourite
citrus such as lime, lemon
or orange

Green

Milk with Milo



1 cup reduced fat or skim
milk with 1 tbsp of Milo

Amber

Mini muffin



30g mini fruit muffin
Recipe at:
<http://livelighter.com.au>

Amber

Orange



1 fresh, cold orange.
Oranges are in season in
spring, summer and winter

Green

Pikelets



2 pikelets with 1 tsp diet jam

Amber

Pikelets



2 pikelets, toasted, with 1 tsp
margarine

Amber

Product

Quantity & Method

Categorisation

Pineapple mix



¼ cup cottage chesse mixed with ¼ cup canned pineapple, drained. Serve on 4 water crackers

Amber

Prunes



4 prunes (¼ cup)

Green

Rice cakes



2 rice cakes with 1 tbsp diet jam

Amber

Ricotta waffle



2 frozen waffles, toasted with 2 tbsp ricotta, mixed with 1 tbsp sultanas and a sprinkle of cinnamon

Amber

Rockmelon



1 cup cubed rockmelon. Rockmelon is in season throughout the year

Green

Skinny cappucino



Cappuccino made with skim or reduced fat milk

Green

Skinny iced coffee



1 tsp instant/1 shot espresso coffee mixed with 200mL reduced fat or skim milk and ice

Green

Spiced orange



1 orange, quartered and sprinkled with cinnamon

Green

Strawberry salad



1 cup sliced strawberries with a dash of balsamic vinegar and a sprinkle of black pepper

Green

Product

Quantity & Method

Categorisation

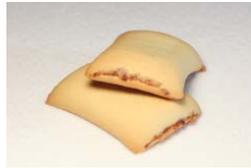
Soda lime fizz



1 cup of mineral water with a splash of diet lime cordial

Amber

Spicy fruit pillow biscuits



2 biscuits (30g)

Amber

Spring fruits



Fruits such as blueberries, mangoes, pears, peaches, plums and raspberries are a perfect snack in spring

Green

Strawberries



1 cup fresh strawberries

Green

Strawberry jelly cup



1 serve
Recipe at:
<http://livelighter.com.au>

Amber

Summer fruits



Grapes, mangoes, nectarines and peaches are tasty summer fruits

Green

Tea



Any type of tea - black, fruit or herbal, served hot or iced, depending on the weather

Green

Watermelon



4 thick slices of watermelon. Watermelon is in season all year round

Green

Winter fruits



Fruits such as honey dew melon, kiwifruit, pears and tangelos are in season in the winter months

Green

Yoghurt



½ tub reduced fat yoghurt (100g)

Green

Seasonal fruit grown in Western Australia



Two serves of fruit is the recommendation for Australian adults², and with so many delicious varieties available throughout the year in WA, fruit is a great 'go-to' snack. When you purchase fruit that is in season not only will it be of optimum quality and flavour, it will often cost a little less too.

The following chart lists the peak season for various fruit in Western Australia:

	Spring	Summer	Autumn	Winter
Apple				
Apricot				
Avocado				
Banana				
Blackberry				
Blueberry				
Boysenberry				
Cherry				
Fig				
Grape				
Grapefruit - pink/red				
Grapefruit - white				
Honeydew melon				
Kiwifruit				
Lemon				
Lime				
Mandarin				

	Spring	Summer	Autumn	Winter
Mango				
Nashi				
Nectarine				
Orange				
Passionfruit				
Paw Paw				
Peach				
Pear				
Persimmon				
Plum				
Raspberry				
Rockmelon				
Strawberry				
Tamarillo				
Tangelo				
Watermelon				

Healthier snacks: for the savoury tongue

Product	Quantity & Method	Categorisation
Almonds	 15 almonds, unsalted	Green
Ants on a log	 2 stalks of celery with 2 tbsp reduced fat cream cheese and 2 tsp sultanas	Green
Beans 'to go'	 Four bean mix snack pack with dressing sachet	Green
Beans on toast	 ½ can reduced salt baked beans (110g) on 1 slice wholegrain toast	Green
Bocconcini bites	 4 cherry tomatoes, halved layered with basil leaves and topped with 4 small bocconcini balls, halved	Amber
Celery stick with peanut butter	 2 stalks of celery with 1 tbsp peanut butter	Amber
Cheese and crackers	 30g snack pack with crackers and reduced fat cheese	Green
Cheese on toast	 1 slice wholegrain bread with 1 thin slice of reduced fat cheese (20g) and 1 tsp tomato paste, toasted	Green

Product

Quantity & Method

Categorisation

Cheesy crumpet



1 crumpet with 1 tbsp reduced fat cheddar cheese, toasted

Amber

Cherry tomatoes



1 cup or 12 cherry tomatoes. Tomatoes are in season all year round

Green

Corn thins with Mexi-beans



2 corn thins with 4 tbsp mexi-beans

Green

Cottage cheese and crackers



100g snack pack - cottage cheese (plain or flavoured) and crackers

Green

Crackers with cream cheese and smoked salmon



2 pieces of smoked salmon (12g) with 1 tbsp reduced fat cream cheese on 2 plain crackers

Green

Crackers with flavoured cream cheese



2 tbsp (40g) reduced fat cream cheese on 2 plain crackers

Green

Crispy carrots



2 medium sized raw carrots, to go

Green

Dip and crackers



4 tbsp of tzatiki dip with 4 water crackers

Green

Dukkah dusted cucumber spears



1 small fresh cucumber, cut into long spears and sprinkled with dukkah

Green

Product

Quantity & Method

Categorisation

Edamame
(soy beans)



$\frac{2}{3}$ cup edamame beans

Green

Egg with low fat
mayo on a cracker



1 boiled egg mixed
with 1 tbsp reduced fat
mayonnaise on
2 plain crackers

Green

Flavoured tuna



$\frac{1}{2}$ can of flavoured tuna
(e.g. chilli, tomato and
onion, lemon pepper)

Amber

Garlic bread bites



1 slice of wholemeal
bread, toasted with 1 tsp
margarine and rubbed with
a clove of garlic

Amber

Garlic spiced oven
roasted chickpeas



1 cup (100g) roasted
chickpeas
Recipe at:
<http://livelighter.com.au>

Amber

Gherkin and
cheese
on crackers



2 gherkins (50g) with
1 slice reduced fat
cheddar cheese (20g)

Green

Hard boiled egg



1 medium hard boiled egg

Green

Hommus with
bread sticks



2 tbsp hommus with 3
breadsticks

Green

Mini can of corn



125g mini can of corn
kernels

Green

Product

Quantity & Method

Categorisation

Mini rice cakes



Snack pack (20g) of mini rice cakes (plain)

Amber

Miso soup



1 cup prepared from 1 sachet of miso paste

Amber

Olives



10 medium sized olives, drained

Amber

Pappadums



4 pappadums (40g), microwaved

Amber

Parmesan pita chips



½ small pita pocket sprayed lightly with oil, topped with 1 tbsp parmesan and baked until crispy

Amber

Pesto pita



1 small pita pocket (30g) toasted, spread with 2 tsp pesto

Amber

Pizza muffin



½ English muffin, 1 tbsp reduced fat cheese and 1 tsp tomato sauce, toasted

Green

Poached egg on toast



1 poached egg on 1 slice wholegrain toast

Green

Popcorn



1 cup plain, air popped popcorn

Green

Product

Quantity & Method

Categorisation

Pretzels



1 cup plain pretzels

Amber

Rice crackers



14 plain rice crackers

Amber

Rice paper rolls



2 fresh rice paper rolls

Green

Roasted broadbeans



25g snack pack

Amber

Small savoury muffin



1 small muffin
Recipe at <http://livelighter.com.au/Recipe>

Amber

Snow peas



$\frac{2}{3}$ cup fresh, raw snow peas

Green

Soup



300mL of reduced salt pumpkin soup

Amber

Spaghetti (tinned) on toast



1 small can reduced salt spaghetti (130g) on 1 slice wholegrain toast

Green

Sushi



2 pieces of sushi

Green

Product

Quantity & Method

Categorisation

Toasted pita with
tomato salsa



½ pita bread, toasted with
¼ cup tomato salsa for
dipping

Green

Tuna and crackers



61g snack pack

Green

Turkey cranberry
crackers



Turkey breast (20g) on 1
plain cracker topped with
1 tsp cranberry sauce

Amber

Tzatziki with celery
sticks to go



4 tbsp tzatziki dip with
4 celery sticks

Green

Vegetable
dumplings



2 vegetable dumplings,
microwaved with 1 tsp
sweet chilli sauce

Amber

Walnut



10 walnuts (15g), shelled

Green

Wasabi peas



¼ cup (30g) wasabi peas

Amber

Wheat biscuit



2 wheat biscuits with
½ tsp margarine and a thin
scraping of Vegemite

Amber

Seasonal vegetables grown in Western Australia



Five serves of vegetables per day for women and six serves for men is the recommendation for Australian adults². Eating vegetables as a snack is a great way to achieve this recommendation. Like fruit, purchasing vegetables in season should offer optimum quality and cost a little less too.

The following chart lists the peak season for various vegetables in Western Australia:

	Spring	Summer	Autumn	Winter
Asparagus				
Bean - broad				
Bean - runner				
Bean - stringless				
Beetroot				
Broccoli				
Brussel sprouts				
Cabbage				
Capsicum				
Carrot				
Cauliflower				
Celery				
Chilli				
Chinese veg				
Cucumber				
Eggplant				
English spinach				
Garlic				
Globe artichoke				
Herbs				
Leek				
Lettuce				
Mushroom				
Onion				
Parsnip				
Pea / snow pea				
Potato				
Pumpkin				
Radish				
Rhubarb				
Silverbeet				
Spring onion				
Squash				
Swede				
Sweet corn				
Sweet potato				
Tomato				
Turnip				
Zucchini				

Recommended serve sizes of fruit and vegetables²



Snack	Serve size*	Recommended number of serves per day ²	Other details
Fruit			
Fresh or frozen fruit	 1 medium piece (e.g. apple)	2 serves per day	Choose a variety of fruits
	 2 small pieces of fruit (150g) e.g. apricots		
Diced, canned or cooked fruit	 1 cup (150g), drained		Choose varieties that are canned in natural juice rather than syrup
Dried fruit	4 dried apricot halves (30g)		
	1 ½ tablespoon sultanas (30g)		
Vegetables			
Raw green leafy vegetables	 1 cup (75g)	5 serves per day for women 6 serves per day for men	Green or brassica or cruciferous vegetables: spinach, bok choy, broccoli, cauliflower. Orange varieties: pumpkin, carrots
Cooked vegetables	 ½ cup cooked vegetables		
Starchy vegetables	 ½ medium potato		Choose potatoes that are baked without oil, boiled and mashed without the addition of cream, butter, fat, oil
Cooked, dried or canned beans, chickpeas or lentils	 ½ cup		Choose no added salt varieties

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