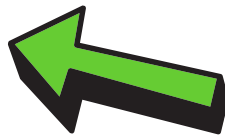


# Snack Smarter

Eating the right snacks is an important part of a healthy lifestyle. We can think of snacks as a mini meal, or something small to tired us over so we aren't super hungry when we eat next. We want our snacks to be nourishing and yummy, so that we can be sure we are getting nourishing nutrition and are satisfied! When you chose your snack, ask yourself:

- How hungry am I?
- What does my body need?
- What do I feel like?

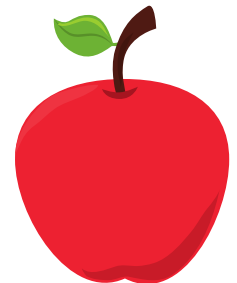
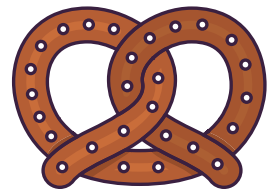


## MINDFUL EATING

### Snacking tips:

- Protein, fiber and fats stay in our belly for longer, which keeps us satisfied
- Fruit and vegetables help get our 5+a day
- Keep hydrated and have water, sometimes we are thirsty not hungry!

### Write down your favourite snacks here:

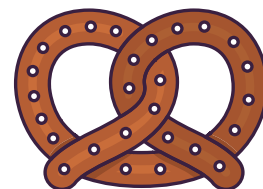


Sport Wellington Green Prescription  
Sport Wellington Active Families  
MGRx Connect Group

## Snacks for at home or work:

Be prepared to be healthy and have healthy snacks on hand at home and at work to stop you reaching for foods which may not make you feel good.

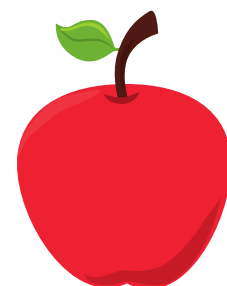
- 1 hard boiled egg
- 4 wholegrain crackers with hummus or cheese and tomato
- A pottle of reduced fat yoghurt (watch out for added sugar)
- Tinned fruit (1 cup) or a piece of fresh fruit, e.g. apple, kiwifruit, banana or orange
- Raw, unsalted nuts. E.g. almond, cashew, walnuts—approximately 10-12
- Plain popcorn—avoid added butter and salt
- 1 slice of wholegrain toast with peanut butter and banana or avocado and tomato
- Small tin of tuna or salmon in spring water with crackers or carrot sticks
- Raw vegetable sticks (carrot, celery, capsicum) with hummus or tomato salsa
- A sachet of microwave oats with trim milk
- Two rice cakes topped with ricotta cheese and tomato
- A small bowl of high fibre cereal and trim milk
- Whip up a trim milk, banana, oats, low-fat yoghurt smoothie
- Salt-reduced tinned soup
- Homemade seed crackers



## Snacks for after school:

After school kids may need something to eat before dinner, remember they have smaller stomachs so may need to have smaller snacks more often.

- Cubes of Edam cheese and pineapple pieces on sticks
- Fruit kebabs: thread chunks of fruit on kebab sticks. Serve with yogurt as a dip
- Healthy nibbles platter: try crackers, cherry tomatoes, shaved ham/shredded chicken, chunks of Edam cheese and grapes
- Fill celery sticks with 2 teaspoons peanut butter or cream cheese and add raisins
- Slice of Vogel's Fruit toast with 1 teaspoon peanut butter
- Handful of trail mix – nuts, seeds and dried fruit
- Frozen fruit—try grapes or a banana
- Left over cooked vegetables such a potato, kumara or taro
- Toasted sandwich e.g. cheese and tomato



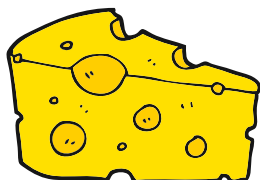
# Snack Smarter



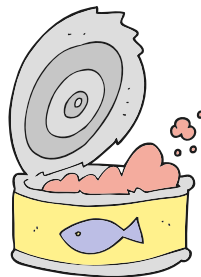
Unsweetened  
low-fat yogurt



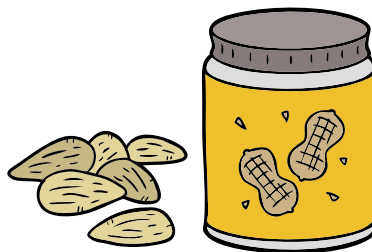
Poached, boiled or  
oil free pan-fried egg



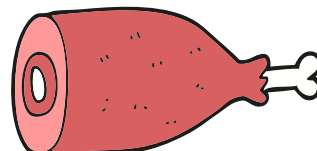
Edam or cottage  
cheese



Canned tuna,  
salmon or sardines



Seeds, nuts, or nut butter



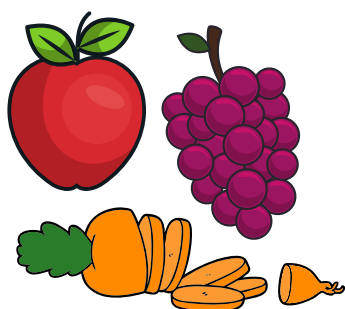
Lean shaved ham or  
shredded chicken

## Snack away with combinations of nourishing foods:

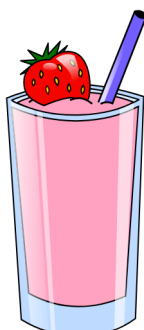
Protein and fat from  
dairy, meat and meat  
alternatives

+

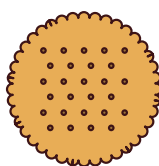
Fibre from  
fruit, vegetables  
grains and cereals



Diced, chopped, frozen  
fruit & vegetables



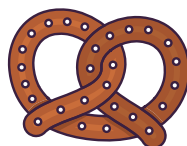
Smoothie



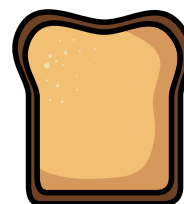
Wholegrain  
crackers, e.g.  
Vita-Weats



Oats



Pretzels  
(be aware of the salt!)



Wholegrain  
bread



Low-salt  
popcorn