



Healthy snacks and drinks





- Fresh fruit - small bag of grapes, sliced melon, strawberries, tangerine, pear, peach, plum, apple, banana. Why not mix it up in a small container and have a selection.
- Fresh vegetables - cherry tomatoes, celery sticks, carrot sticks, cucumber sticks, chopped up peppers. These could be accompanied by a low fat dip.
- Small sandwich, mini pitta bread, wraps. Ideas for fillings: tuna, low fat cheese, cold meat and salad.
- Oat cakes, crackers, breadsticks and rice cakes. These could also be accompanied by a dip - salsa or hummus.
- Cheese scone with low fat spread.
- Bagel with low fat cheese spread.
- Drink of plain water or milk.



**Watch out for hidden sugars.
These are best kept as part of a meal**

- Dried fruits e.g. raisins, dried apricots
- Cereal bars
- Crisps
- Fruit flakes/buttons including yoghurt variety
- All juices including no added sugar
- Flavoured yoghurts

