

Tips to help you snack better :

- Plan ahead – bring healthy snacks to work/school
- Be aware of portions sizes
- Make sure you are having a snack because of hunger not boredom
- Snack on fruits and vegetables

Examples of healthy snacks :

- Mixed nuts
- Greek yogurt and mixed berries
- Sliced apples with peanut butter
- Frozen grapes
- Smoothie
- Rice cakes



