



THIS ARTICLE IS BROUGHT TO YOU BY HANAN SALEH DIETITIAN  
WWW. THE FOOD EXPERT.COM.AU  
(UPDATED 7.1.10)

## **SNACKS (WHAT TO KEEP IN THE CUPBOARD FOR EMERGENCIES)**

*Forget the coffee and cake - morning tea is a great opportunity to fill any nutritional 'gaps' in your diet*

### **1. PORTABLE SNACKS**

- SUNBEAM FRUIT N' NUT 40g PACKS
- FREEDOM FOODS HI-LITE BREAKFAST BAR
- ONE GOULBURN VALLEY TWO FRUITS PACK
- SMALL CAN OF FOUR BEAN MIX OR CORN OR TUNA IN SPRINGWATER (OR 98% FAT FREE GREENSEAS FLAVOURED VARIETIES)
- UNCLE TOBY'S CRUNCHY MUESLI BARS
- HOMEMADE POPCORN

### **2. WORK SNACKS**

- VITA-WEAT 9 GRAIN BISCUITS
- SUSHI SNACK BOX OR RICE PAPER ROLLS
- 8-10 SAKATA WHOLEGRAIN RICE CRACKERS WITH LOW FAT TZATZIKI DIP
- FRUIT
- CORN THINS + 98% FAT FREE TUNA GREENSEAS FLAVOURED VARIETIES OR VEGEMITE, AVOCADO, TOMATO
- SMALL TUB LOW FAT YOGHURT WITH HANDFUL FROZEN BERRIES
- ONE GOULBURN VALLEY TWO FRUITS PACK
- HOMEMADE LOW FAT MINI MUFFINS - TRY BANANA, NUT, RAISIN AND BRAN



THIS ARTICLE IS BROUGHT TO YOU BY HANAN SALEH DIETITIAN  
(UPDATED 7.1.10)

### 3. PRE-DINNER SNACKS

- BRUSCHETTA - USE SOUR DOUGH BREAD TOASTED RUB WITH A GARLIC CLOVE, TOP WITH DICED TOMATO + DRIED OREGANO & BLACK PEPPER AND DRIZZLE EXTRA VIRGIN OLIVE OIL
- CUT UP CARROT, CUCUMBER, CELERY AND CAPSICUM - DIP INTO LOW FAT HOMOUS OR TZATSIKI
- RYVITA/RICE CAKES/CORN THINS OR CRUSKITS (2) WITH LOW FAT RICOTTA AND TOMATOES/CUCUMBERS
- SMALL CAN OF HEINZ SALT REDUCED MINESTRONE SOUP (98% FAT FREE)
- CORN THINS OR CARROT STICKS + 98% FAT FREE TUNA GREENSEAS FLAVOURED VARIETIES OR VEGEMITE, AVOCADO, TOMATO
- MINI FALAFELS WITH LOW FAT NATURAL YOGHURT

### 4. PRE/POST WORK OUT SNACKS

- BERRY OR BANANA LOW FAT SMOOTHIE (WITH SKIM MILK, LOW FAT YOGHURT, BERRIES OR 1 X BANANA)
- UNCLE TOBY'S CRUNCH MUESLI BAR
- 1 SLICE WHOLEGRAIN BREAD WITH EITHER LOW FAT RICOTTA, VEGEMITE OR AVOCADO + TOMATO
- CORN THINS WITH MASHED EGG + LOW FAT MAYO
- LOW FAT COTTAGE CHEESE + SLICED PEAR OR APPLE
- 1 X RASIN TOAST
- FRUIT E.G BANANA
- 2 X RYVITAS WITH SMALL CAN BAKED BEANS
- UP & GO 250ML VARIETIES
- 1 SCOOP LOW FAT FROZEN YOGHURT +  $\frac{1}{2}$  PIECE OF FRUIT SLICED
- 1 TUB LOW FAT YOGHURT OR LE RICE

*If you need more information about food allergies and/or intolerances, book in for an appointment with your Accredited Practising Dietitian today!*

*Your friendly dietitian, Hanan Saleh (APD)*

Consultant Dietitian

Mob: 0412-126-643

Provider: 2880951H

[www.thefoodexpert.com.au](http://www.thefoodexpert.com.au)

[nutrition@thefoodexpert.com.au](mailto:nutrition@thefoodexpert.com.au)

