

Best snacks for every occasion

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Different occasions call for different snacks. *HFG* dietitian Zoe Wilson has done the hard work for you and come up with healthy and tasty options for everything from watching telly to hitting the gym.

The right type of snack is something that is good for you, but that's going to satisfy you too. The type of snack you choose will depend on where you are, what you are doing, what's available and how much time you have to prepare and eat it. Snacks are important because they prevent you from getting too hungry, and then overeating at your next meal. Ideally, choose snacks that are high in fibre and protein to fill you up, and that also provide other nutrients; such as vitamins, minerals and omega-3 fats. For most people, snacks should total around 1200kJ per day – whether that's two 600kJ snacks or three 400kJ snacks (most of the snacks we've recommended are around 600kJ or less). We've included a variety of ideas to cover all situations, ranging from savoury to sweet; everyday snacks to 'sometimes' treats; and quick and easy options to those that may require a little more planning. Now you can easily enjoy the perfect snack for any occasion!

— ADVERTISEMENT —

On the couch

Serve the right portion of these comforting snacks, then take that to the couch so you don't munch more than you need!

- 2 small (63g total) scoops So Good Chocolate Bliss ice-cream have only 385kJ and 1.8g of fat.
- 1 cup fruit salad with 100g tub Yoplait Formé French vanilla yoghurt has 2.6g of fibre, 5.3g protein and only 474kJ.
- 1 slice pumpernickel bread with 1 tbsp extra-light Philly Spreadable and a slice of smoked salmon. You'll get omega-3 fats, 9g protein, 2.3g fibre and only 518kJ.
- A strawberry smoothie (200ml skim milk, 2 tbsp low-fat yoghurt and 1 cup strawberries) has 570kJ and 10.5g protein.
- 4 tbsp Black Swan Skinny tzatziki and 1 cup vegies with 333kJ, 2.4g fat, a filling 5g protein and 2g fibre.
- 6 Arnotts Tee Vee Chocolate snacks – with only 603kJ, it's a good way to kill a chocolate craving without going overboard.
- Nibble on 1 cup dry Sultana Bran Buds. With 630kJ, 3.8g protein and 7.1g fibre, this will help satisfy a sweet craving.
- 6 Table of Plenty choc- coated rice cakes. So tasty, and only 308kJ!
- 1 slice of Burgen fruit and muesli bread with a thin spread of reduced-fat table spread. It's low-GI with 581kJ and 1.7g fibre.

Car trips

Easy to find on the road or prepack, easy to store and easy to eat! Try these handy snacks for the car.

- A Be Natural fruit and nut trail bar has 477kJ, 2.4g protein and 4.2g fibre.
- 15 raw almonds make a filling snack, with 455kJ, 3.6g protein and 1.6g fibre.
- 30g pack Mainland On the Go tasty light cheese and crackers from the servo. This handy snack has 462kJ, 7.3g protein, 5.7g fat and 180mg calcium.
- A small bunch of grapes – easy to munch in the car with minimal mess, and only 334kJ!
- A 20g pack of Vita-Weat Grain Snacks original with sea salt flavour has 365kJ, 2g protein, 1.7g fibre and 129mg sodium.
- Indulge in a Chocolate Paddle Pop from the servo with 449kJ, 2.6g protein and 92mg calcium.
- A 25g packet Chic nuts roasted chickpeas Sicilian herbs and garlic flavour has 400kJ, 5.2g protein and 4.1g of fibre.
- Two fresh dates have only 214kJ and 1.4g fibre, guaranteed to satisfy a sweet tooth.
- A 25g pack Cobs natural Popcorn sea salt – there's 478kJ per pack, with 5g fat and 3g fibre.

Keep in your handbag

These convenient bites won't create mess in your bag, and you'll always have something handy to nibble on.

- 1 mandarin has 173kJ, 1.3g fibre and is a great source of vitamin C.
- A 30g pack of Vive Lites choc chip minis has only 518kJ and 2g of fat!
- 150g pack Edgell 3 Beans and Corn Thai sweet chilli flavour comes with a handy fork and has 553kJ, 6.5g protein and a huge 10.4g fibre.
- Nibble on 30g trail mix with 524kJ, 2.7g protein and 2.2g fibre.
- 1 Special K Dessert Inspired Bar berry cheesecake flavour is a sweet hit with only 360kJ.
- 1 pack (3 cookies) Quaker honey nut oat cookies has 560kJ, 2.3g protein, 4.8g fat and 2.0g fibre.
- 250ml Sanitarium Up and Go Vive banana flavour has 738kJ, 9.3g protein and 4g fibre.
- 5 dried apricot halves are low-GI (GI 30) with 2.3g fibre and only 276kJ.
- 1 Annies apricot and apple fruit leather is 100% fruit, but it won't squish in your bag! It's also gluten- and nut-free with only 152kJ per leather.

For your desk drawer

Pick snacks that don't need refrigeration and are good 'brain food' to get you through the day!

- A 290g tin Campbell's Country Ladle Minestrone soup has only 459kJ and a huge 4.6g fibre.
- A small tub of diced fruit in natural juice has around 350kJ and 1.5g fibre.
- 1 McVities dark chocolate Digestive biscuit. Get a fibre boost with your chocolate hit – one biscuit has 1.3 g fibre.
- 2 multigrain Ryvitas with 1 tsp peanut butter on each contains 564kJ, 3.9g protein and 3.7g fibre.

- 95g tin tuna in spring water with a piece of toast has 564kJ, 14.8g protein and memory-boosting omega-3s.
- 1 sachet Uncle Tobys Quick Oats Smooth and Tasty honey flavour made with water has 484kJ and 2.2g fibre per sachet.
- 20g ABC (raw almonds, brazil nuts and cashews) nut mix has 523kJ, 3.4g protein, 11.5g fat and 1.5g fibre.
- 2 Sunrice apple and cinnamon rice cakes topped with 1/2 medium banana, mashed have 536kJ and 1.5g fibre from the banana.
- 1/2 cup of high-fibre cereal flakes with 1/2 cup skim milk gives you around 600kJ, with protein and fibre to fill you up and carbohydrate to give you energy.

At the weekend sport

These easy, satisfying goodies are ideal to eat while sitting on the hill watching a game.

- A wholemeal egg and lettuce dinner roll with 2 tsp 97% fat-free mayo has 493kJ, 2.7g fat, 5.8g protein and 2.2g fibre.
- 25g Nobby's Nude Seedy Mix has 627kJ, 5.4 g protein, 13.1g fat, 2.1g fibre and 1mg sodium.
- A 40g packet of Skinns Chips has 648kJ, 4.2g fibre and only 3g fat (0.1g sat fat).
- 5 Veri Deli crackers with 25g reduced-fat cheddar cheese have around 650kJ and 220mg calcium.
- 1 large hard-boiled egg has 240kJ, 5.7g protein and 3.8g fat.
- 1 Rye Mountain Bread wrap with 25g roast beef, 1 tbsp low-fat tzatziki and lots of salad has 556kJ, 2.3g fat, 0.5g sat fat, 1.2g fibre and 12g protein.

Picnics or parties

These tasty treats are perfect for sharing and are just a little bit fancy!

- 1 small prawn Vietnamese rice paper roll has 271kJ, 0.4g fat, 0.1g sat fat, 9.2g protein and 1.0g fibre.
- 2 stir-fried honey soy and garlic prawns have 121kJ, 0.3g fat, 0.1g sat fat, 1.9g protein and 65mg sodium.
- 3 pieces home-made roast capsicum and feta crostini have 456kJ, 6.3g protein, 3.0g fat, 1.2g fibre and 294mg sodium.
- 3 choc-coated strawberries have 443kJ, 4.6g fat, 2.7g sat fat and 2.6g fibre.
- 4 baked button mushrooms each stuffed with reduced-fat ricotta and basil have 485kJ and 10g protein.
- 2 fig halves with 10g goat's cheese on each have 321kJ, 4.4g protein, 4.4g fat, 2.9g sat fat, 1.7g fibre and 47mg sodium.
- 1 cup home-made veggie chips – with a mix of root veg, herbs and a spray of oil has about 340kJ, 3g fat and 5.3g fibre per serve
- 25g South Cape reduced-fat brie and sliced pear on 6 Waterthins crackers provide 242kJ, 6.7g protein, 3.5g fat, 2.3g sat fat and 145mg sodium.
- 1 fruit skewer with 1 tbsp reduced-fat yoghurt has 180kJ, 0.1g fat, 8.3g carbs, 8g sugar and 0.7g fibre.

Pre- and post-gym

Get the most out of your workout with these protein and carb-packed snacks.

- Pre-gym: 1 slice white toast with 1 small banana has 600kJ, 4.1g protein and 28.8g quick-release carbohydrate.
- Pre-gym: 1 medium banana has 420kJ, 21.8g carbohydrate and 1.9g protein.
- Post-gym: 1 slice multigrain toast with 2 tsp light peanut butter has 514kJ, 15g carbohydrate and 4.5g protein.
- Pre-gym: A 250ml glass of no-added-sugar orange juice has 350kJ and 18.8g carbohydrate.
- Pre-gym: A Nice and Natural original nut bar (32g) has 673kJ, 5.5g protein and 11.6g carbohydrate.
- Post-gym: An Aussie Bodies Protein FX mini bar (30g) with a small apple has 606kJ, 9.1g protein and 11.6g carbohydrate.
- Post-gym: 170g tub low-fat yoghurt with 1/4 cup muesli and berries provides 630kJ, 9.2g protein and 315mg calcium.
- Post-gym: A glass of Milo (200ml skim milk with 1 tbsp of Milo) has 650kJ, 1.3g fat, 9.8g protein and 23.1g carbohydrate.
- Pre-gym: 1 crumpet with 1tsp honey has 430kJ and 21g carbohydrate.

Snacks to share

These easy, yummy and fun nibbles are perfect to share with friends in any social setting.

- 1 grilled veggie skewer and 1tbsp light hommous has 190kJ, 2g fat, 13g carbohydrate and 1.1g fibre.
- Home-made veggie pita pocket pizzas – with 20g reduced-fat cheese has 460kJ, 5.2g fat, 6g protein, 1.7g fibre and 110mg calcium per 1/2 pizza.
- Avocado sushi: 1 hand roll, or 6 small pieces (about 100g), has about 500kJ, 2g fat and 8g protein.
- Bake a batch of small home-made low-fat muffins – each one has around 450kJ, 1.6g protein, 5.2g fat and 1.1g fibre.
- 2 yoghurt-coated fruit and nut Wallaby Bites have 344kJ, 2.0g protein, 6.2g fat and 40mg sodium.
- Grab a box of Nana's Lite Snack apple pies, with only 445 kJ per pie.
- Crack open a share bag of Freddo Frogs. One frog has 222kJ, 3g fat, 1.9g sat fat and 5.6g sugar.
- Make a nice big tropical fruit salad with passionfruit. One cup has about 400kJ and 3.0g fibre.
- Tomato and basil bruschetta: a thin slice multigrain sourdough with 1/2 tomato, 1 tbsp fresh basil and 1/2 tsp olive oil has 550kJ, 3.5g fat and 3.8g fibre per serve.

Lunchbox-friendly snacks

As most schools are nut-free, we've made sure these options are too!

- 1 slice high-fibre white bread with 1 tbsp Sweet William chocolate mud spread contains 548kJ, 3.8g fibre and 3.6g protein.
- Half a slice of low-fat, nut-free banana bread (about 30g), chopped into bite-sized pieces has 370kJ, 3g fat, 1.7g protein and 1g fibre.
- A mini vegetable frittata (made with skim milk) has around 350kJ, 6g protein, 2g fibre and 70mg calcium.
- 1 cup fruit 'bits' (bite-sized pieces of chopped fruit) has 310kJ, 0.4g fat and 2.6g fibre.
- 2 pikelets with a scrape of jam have 644kJ, 3g fat, 3.3g protein and 1.5g fibre.
- 20g scroggin (dried fruit, seeds and yoghurt-coated sultanas) has about 385kJ, 2g protein and 2g fibre.

At the movies

Take your own delicious snacks, skip the jumbo sizes and enjoy healthier options at the cinema.

- A 12g snack pack of Maltesers has 250kJ, 2.7g fat and 1.7g sat fat.
- 1 cup natural air-popped popcorn has only 117kJ and 1.2g fibre. Add some chilli flakes for extra punch!
- 1 Uncle Tobys simply fruit bar (sultanas, apricot, poppyseed and orange flavour) has 487kJ per bar.
- 1/4 cup wasabi peas has 430kJ, 5.7g protein, 0.8g fat and 0.3g sat fat.
- A 375ml can of diet soft drink has only about 6kJ, saving you 670kJ from a regular can.
- 25g dried fruit salad has around 210kJ, 0.2g fat, 16.8g carbs, 14.3g sugar and 1.4g fibre.
- A 21g snack pack of cheese max Vege Twists chips has 405kJ, 6.1g fat, 0.7g sat fat and 1.3g fibre.
- A 25g snack pack of baked pretzels has 447kJ, 2.4g fat, 0.2g sat fat and 1.6g fibre.
- 3 jelly snakes have about 290kJ, but 20g sugar, so keep as an occasional treat.

