

SWAPPING SNACKS

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Snacks under 50 calories

1 small apple: 38 calories

2 satsumas: 50 calories

4 heaped tbsp blueberries: 44 calories

1 handful of grapes: 45 calories

1 kiwi fruit: 42 calories

1 peach: 30 calories

3 rings pineapple: 50 calories

1 light cheese triangle (25 calories) and 8 cherry tomatoes (24 calories): 49 calories

30g ready-to-eat partially rehydrated prunes: 48 calories

1 rice cake (27 calories) and 1 teaspoon (10g) pure fruit spread (22 calories): 49 calories

1 x 14g mini box of raisins: 45 calories

1 lighter cheese slice (34 calories) with ¼ cucumber (11 calories): 45 calories

1 x 115g pot sugar-free jelly: 8 calories

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Snacks under 100 calories

4 bread sticks: 92 calories

80g defrosted frozen cherries (38 calories) with 50g 0% fat Greek-style yogurt (55 calories) whizzed together with ice: 93 calories

10 almonds: 69 calories

100g carrot batons (42 calories), ¼ cucumber (11 calories) and 50g (¼ pot of 200g pot) salsa (27 calories): 80 calories

Half a pot (300g) of shop-bought fresh tomato soup: 93 calories

Snacks under 150 calories

1 tsp (15g) almond butter (97 calories) spread onto slices of a chopped apple (50 calories): 147 calories

100g 0% fat Greek-style yogurt (57 calories) plus 100g blueberries (68 calories): 125 calories

4 small (9g) crispbreads (108 calories) and 60g 0% fat cottage cheese (39 calories) and): 147 calories

25g toasted seed mix: 132 calories

1 (25g) slice Edam cheese (78 calories) and 1 apple (50 calories): 128 calories

2 small crispbreads (78 calories) and 1 x (30g) slice chicken breast (38 calories): 116 calories

25g raisin, nut, goji berry and seed mix: 124 calories

2 rice cakes (54 calories) and ¼ pot (50g) tzatziki dip (61 calories): 115 calories

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Snack swaps

Savoury

Instead of crisps, try plain popcorn with added spices or cinnamon

Instead of bread and dips, try carrots and celery with salsa or low-fat hummus

Sweet

Instead of milk chocolate, try dark chocolate rice cakes

Instead of ice cream, try frozen banana or low-fat frozen yogurt

Drinks

Instead of fizzy sugary drinks, try water flavoured with mint or fresh fruit