MAKING HEALTHY SNACK CHOICES

It is normal to get hungry leading up to your next meal, and sometimes we need to satisfy hunger with a snack. Think about why you are snacking before deciding to eat, and whether you are truly hungry. Ask yourself these questions:

- Are you eating because you are bored?
- Are you eating because you feel stressed or fed up?
- Do you have a craving for a particular food?

Is this a physical hunger from an empty and grumbling stomach, or is it a ‘head hunger’?

The foods we choose to eat between meals can make a big difference to the nutritional quality of our diet, and overall calorie intake. If you are trying to eat more healthily and to lose weight, this guide will help you make better choices. The decision should not be based purely on calories, however, although this is clearly important for weight loss.

WAYS TO IMPROVE YOUR SNACK CHOICES

1. Choose a lower-calorie option.

2. Choose an option that is more nutritious, and makes a positive contribution to the diet.

3. Choose an option that is both lower in calories and more nutritious.
## SNACK SWAPS

The examples below demonstrate how you can save calories and enjoy a nutritious snack as part of your overall calorie intake.

### Instead of:
**Coronation Chicken Sandwich**
- Calories: 443
- Carbs: 43g
- Prot: 19g
- Fat: 22g
- SatFat: 2g
- Fibre: 3g
- 5-a-day: ½

### Choose:
**Ham Salad Sandwich**
- Calories: 261
- Carbs: 13g
- Prot: 7g
- Fat: 1g
- SatFat: 3g
- Fibre:
- 5-a-day: 1/6

### Calories saved:
- 182 CALS
- 15g less fat
- More salad

### Instead of:
**Chocolate Digestive**
- Calories: 73
- Carbs: 9g
- Prot: 1g
- Fat: 4g
- SatFat: 2g
- Fibre: 0g

### Choose:
**Mango Prawns**
- Calories: 75
- Carbs: 6g
- Prot: 11g
- Fat: 1g
- SatFat: 0g
- Fibre: 1g

### Calories saved:
- 46 CALS
- 3g less fat
- 3g less fat
- High in protein
### Making Healthy Snack Choices

#### Instead of:

- **Crisps**
  - Calories: 89
  - Carbs: 16
  - Fat: 1
  - Proteins: 5
  - Sat Fat: 8
  - Fibre: 1

- **Fiery Crisps**
  - Calories: 119
  - Carbs: 25
  - Fat: 1
  - Proteins: 10
  - Sat Fat: 4
  - Fibre: 2

#### Choose:

- **Popcorn (with butter)**
  - Calories: 90
  - Carbs: 5
  - Fat: 4
  - Proteins: 1
  - Sat Fat: 0
  - Fibre: 1

- **Malt Loaf**
  - Calories: 217
  - Carbs: 37
  - Fat: 2
  - Proteins: 5
  - Sat Fat: 0
  - Fibre: 3

#### Calories saved:

- **Popcorn (with butter)**: 30 CALS
- **Malt Loaf**: 30 CALS

#### Other benefits:

- **Popcorn (with butter)**: 1g less fat, Lower carbs
- **Malt Loaf**: 14g less fat, More protein

### Notes

- Choose snacks that are lower in calories and fat, and higher in protein and fibre.
- Be mindful of the nutritional content of your snacks to make healthy choices.