



Carbs & Cals



FREE APP
iPhone &
Android



Type 2 Diabetes



Weight Loss

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:

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

- ★ 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?

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

WAYS TO IMPROVE SNACK CHOICES

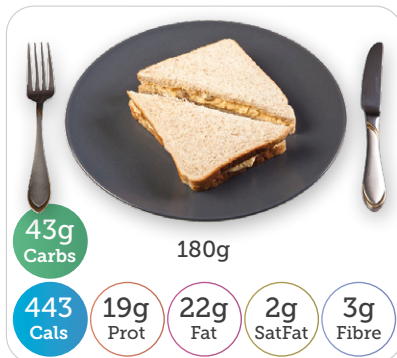
1. Choose a **lower-calorie** option.
2. Choose an option that is **more nutritious**, and makes a positive contribution to your diet.
3. Choose an option that is **both** lower in calories and more nutritious.

SNACK SWAPS

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

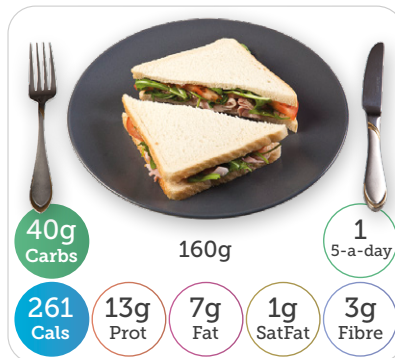
Instead of:

Coronation Chicken Sandwich



Choose:

Ham Salad Sandwich



Calories saved:

182
CALS

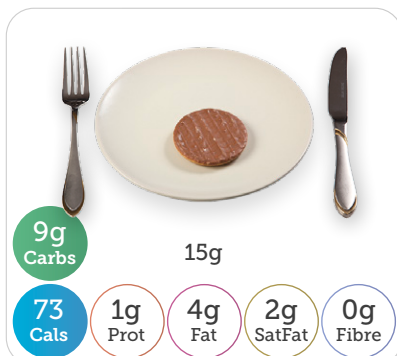
Other benefits:

15g
less fat

More
salad

Instead of:

Chocolate Digestive



Choose:

Iced Ring



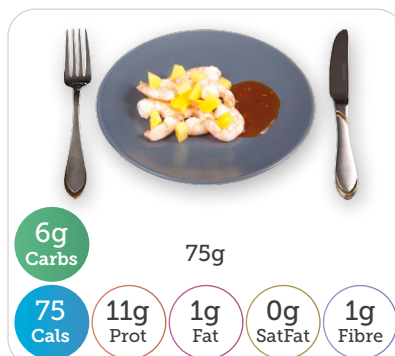
Calories saved:

49
CALS

Other benefits:

3g
less fat

Mango Prawns



0
CALS

3g
less fat

High in
protein

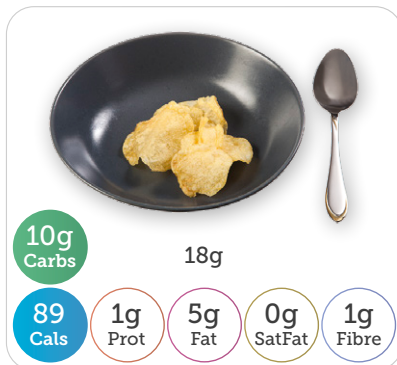
Instead of:

Choose:

Calories saved:

Other benefits:

Crisps



Salted Popcorn



42
CALS

3g
less fat

Lower
carbs

Fiery Crisps



44
CALS

5g
less fat

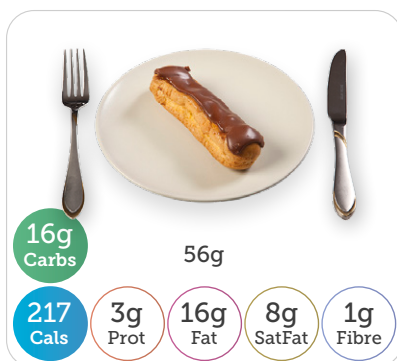
Instead of:

Choose:

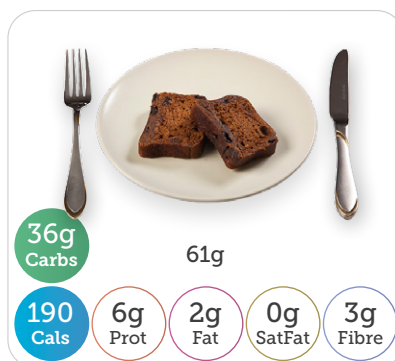
Calories saved:

Other benefits:

Chocolate Éclair



Malt Loaf



27
CALS

14g
less fat

More
fibre

More
protein