

# Snacks at work

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## Key points:

- A healthy snack can keep your energy levels constant between meals and help you meet your daily nutrient needs.
- Most snacks should consist of nutrient-dense foods like fruit, vegetables, wholegrains, reduced fat dairy and nuts or seeds.
- Choose packaged snacks that are low in saturated fat, and sodium and high in fibre.

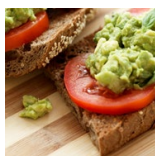
## Feel like a snack?

Nutritious snacks can play an important role in contributing to a healthy diet. A healthy snack can keep your energy levels constant between meals and help you meet your daily nutrient needs. Often, a small snack between meals can prevent you from getting too hungry which can lead to overeating at your next meal.

## What types of snacks should I be eating?

Aim to eat snacks that help meet your nutrient needs for the day. Have a snack that satisfies your hunger without being high in kilojoules/calories, fat, salt and sugar. Although it's fine to have a less-than-healthy snack every once in a while, most snacks should consist of nutrient-dense foods like fruit, vegetables, wholegrains, reduced fat dairy and nuts or seeds.

## Try these quick and easy snack ideas



Avocado is a rich source of healthy fats. Choose wholemeal, multigrain or rye bread as these are higher in fibre with a lower GI than other breads like Turkish.



Choose low fat dips such as cottage cheese, hummus, tomato salsa, and tzatziki. Avoid creamy dips like French onion or cheese and chives.



Having a serve of fruit for morning or afternoon tea can help you get the recommended 2 serves of fruit a day.



Tinned fish such as tuna or salmon makes a healthy snack whether on its own or with wholegrain crackers. Choose fish in spring water with no added salt.



A slice of fruit toast can be a healthy sweet snack that contains fibre. Enjoy it alone or with ricotta or low fat cream cheese.



Low fat yoghurt is a filling snack and a good source of protein and calcium. Choose a variety with no added sugar.

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- Most snacks should consist of nutrient-dense foods like fruit, vegetables, wholegrains, reduced fat dairy and nuts or seeds.
- Choose packaged snacks that are low in saturated fat, and sodium and high in fibre.

## Not all snacks are created equal!

Sometimes, you might need a quick convenient snack and opt for a packaged product. In these situations take a look at the nutrition panel and ingredients list to help determine if it's a healthy choice. Look for snacks that have:

- Less than 1.5 grams of saturated fat per 100g
- At least 3 grams or more of fibre per serve
- Less than 200mg of sodium per 100g
- Mainly whole food ingredients, with few additives

Most packaged products come in larger serving sizes than we need. A good guide is to keep your serve to less than 600kJ.

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