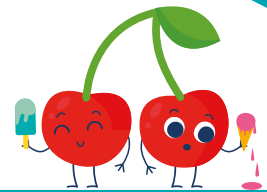


Snacks



- 1 Keep your snacks small
- 2 Have no more than two snacks a day
- 3 Have balanced snacks from different sections of the Eatwell Guide
- 4 Plan your snacks each week
- 5 Choose Go snacks. Go = healthy and balanced.

Examples of Go snacks



Crackers and cheese



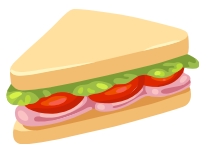
Homemade baked plantain crisps



Vegetable sticks



Fruit salad and Greek yoghurt



Small sandwich



Fruit



Dried fruit and nuts



Popcorn



Sugar-free jelly

Which one would you like to try?