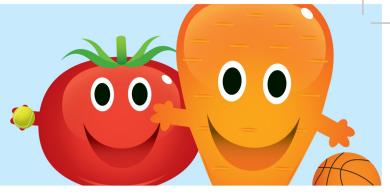
lunchbox snacks



Swap snacks that are high in fat, sugar, salt and low in fibre for quick and easy healthy snacks!

HEALTHYSNACK IDEAS:

✓ Pikelets

√ Fruit bread

✓ Plain rice cakes

✓ Air-popped popcorn

√ Wholegrain crackers

✓ Reduced fat yoghurt

✓ Reduced fat cheese



- ✓ Vegetable sticks eg
- ✓ Cherry tomatoes
- ✓ Corn cob
- ✓ Cucumber
- ✓ Fruit (whole or sliced) eg grapes, orange segments, kiwi fruit, mango slices, pear, apple, banana

celery, carrot, capsicum



SNACKS BEST LEFT OUT OF THE LUNCHBOX:

- Muffins and cakes
- X Sweet biscuits
- X Savoury biscuits
- X Muesli bars
- X Sweet rice bars
- Fruit straps
- Chocolate
- X Lollies

- × Potato chips
- Corn chips
- X Processed cheese & biscuits

Health

- X Soft drink
- X Flavoured milk
- Fruit drinks

