

Sensible Snacking

Do we need snacks?



We can often feel hungry between meals and therefore snacks can be an important part of a healthy diet - as long as we choose them carefully!

How many snacks should I have per day?

The government guidelines are to limit packaged snacks to two x 100 calorie snacks per day!



Top Tip



Often we snack due to reasons other than hunger such as boredom or thirst. If you've recently eaten try a 10 minute activity or a drink of water first. Then wait a little while and see if you're actually still hungry!

How do I know if my snack is 100 calories or less?

Energy 418 kJ 100 kcal	Fat 5.5g	Saturates 3.3g	Sugars 10g	Salt 0.04g
5%	8%	17%	11%	1%

Kcal is short for calories

Check out the energy section on your food labels
If it has 100 calories or less you are good to go!