

Making Healthy Choices

Snacks for Break Time

- A piece of fruit
- dried fruit such as raisins
- vegetable sticks
- rice cakes
- bread sticks with soft cheese
- crackers spread with low fat cream cheese
- Cheese/cheese strings
- Twiglets



Sugar- and fat-laden foods such as confectionary, biscuits, pastries, sausage rolls and crisps should be avoided.

Judging what is healthier: What is **TOO MUCH** and what is **BETTER**?

With the best will in the world it is not always obvious whether a snack is healthy.

When you're shopping, have a look at the back of the packaging as the amount of fat, sugar and salt is always stated. The following table can be used as a guideline:

FAT

TOO MUCH is 20g or more per 100g - **BETTER** is 3g or less per 100g

SATURATED FAT

TOO MUCH is 5g or more per 100g - **BETTER** is 1g or less per 100g

SUGAR

TOO MUCH is 10g or more of added sugar per 100g - **BETTER** is 2g or less of added sugar per 100g

SALT

TOO MUCH is 0.5g or more per 100g - **BETTER** is 0.1g or less per 100g