

Pick n Pay



Healthy

snacking

*Easy, everyday snacks
to keep you going*



Smart snacking

MAKE THE HEALTHY CHOICE THE EASY CHOICE

Many of us love to snack and despite some associations of snacking with a higher kilojoule intake, there is a place for snacks in a healthy eating plan.

- ✓ Snacks can provide an opportunity to include a **wider variety of foods**.
- ✓ Snacking between meals can keep you from getting too hungry and can help **prevent overeating**.

Planning snacks wisely is important, as when you're hungry it is more tempting to snack on highly processed foods, such as biscuits, chips and sweets.

- Be mindful when you snack and listen to your body:**
- ✓ **Avoid snacking while watching TV or working on a computer** – these activities can make it difficult to listen to hunger and fullness cues.
 - ✓ **Avoid snacking due to boredom or stress** as mindless eating can lead to weight gain.



HEALTHY SNACKING

Choose less processed foods

Take the time to make your own snacks at home using whole foods. Let sweets, chips and other treats be the exception rather than the rule – an occasional treat is fine but choose healthy snacks most of the time.



Use healthy snacks to curb your hunger

Nutrient-dense fruit, vegetables and nuts are loaded with the good stuff. Have a balance of fresh and dry snacks handy, so they can travel with you anywhere you go.

What TO EAT

TOP TIP

Keep pre-cut fruit, vegetables and other nutritious ingredients **visible in the fridge** and pantry for easy access.



1 Focus on the nutrients

Think of snacks as **mini-meals** that contribute nutrient-rich foods. Choosing smart snacks that are rich in **vitamins, minerals, fibre and healthy fats** can greatly boost your nutrient intake.

2 Use a variety of foods

Make snacks work for you by choosing nutrient-rich foods from all the food groups: **grains, fruit, vegetables, dairy, nuts** and **proteins**.

Plan your snacks

Planning and preparing snacks ahead of time means you won't fill up on less healthy options.



PACK SNACKS TO GO

Make it a habit to pack some fruit, nuts, wholegrain crackers or baby carrots in your work or gym bag so you have a healthy snack when you need it.



HAVE A SCHEDULE FOR MEALS AND SNACKS

If you graze throughout the day you may not notice when you're hungry or full, and it's easy to eat extra kilojoules. When you skip meals, you are more likely to make poor food choices and consume too much when you do eat. Keep to a routine of regular meals and planned snacks, whenever these may be (we are all different).



PAY ATTENTION TO SERVING SIZES

A snack is supposed to ward off hunger between meals – it should not be a substitute for a meal. It may be helpful to divide snacks into smaller containers at the start of the day, to keep portion sizes under control.





ideas

In your pocket

SWAP OUT DIFFERENT FRUITS, VEGETABLES AND GRAINS TO KEEP YOUR SNACKING EXCITING!

- ✔ Peanut butter spread on slices of apple
- ✔ Home-made popcorn sprinkled with grated parmesan
- ✔ Tri-colour veggies (baby carrots, celery sticks, red pepper strips) with beetroot hummus
- ✔ Fruit smoothie made with 1 cup fat-free milk, ½ cup frozen strawberries and ½ banana. (Add 1 Tbsp peanut or almond butter for extra good fat and protein.)
- ✔ Wholewheat crackers with low-fat cottage cheese
 - ✔ Wedges of wholewheat pita bread with guacamole (mashed avo)
 - ✔ Puréed strawberries and granola layered with plain yoghurt
 - ✔ Home-made trail mix (granola, chopped almonds and thinly sliced dried fruit).

DIY snacks

GRANOLA BANANA COOKIES

Preheat oven to 180°C. **Combine**

2 cups (500ml) granola, 1 cup (125g) wholewheat flour, ⅓ cup (80ml) fresh grated or desiccated coconut and ½ tsp (3ml) cinnamon. **Add** 1 packet (100g) dried fruit, such as sliced Turkish apricots or whole sultanas, raisins or cranberries.

Mash 2 (about 180g) ripe bananas and combine with ⅓ cup (80ml) warmed honey, ¼ cup (60ml) canola oil and 1 tsp (5ml) vanilla essence. **Mix** wet ingredients into dry ones, combining well. **Shape** into 4cm balls, place on a lined baking tray and flatten to 2cm thick. **Bake** at 180°C for 20-25 minutes. **Cool** cookies completely on a wire rack (they will crisp up once cooled). **Store** in an airtight container for up to 1 month.

MAKES 20



BEEETROOT SEED BREAD

Preheat oven to 180°C. **Line** a 25x10cm loaf tin with baking paper and non-stick spray. **Combine** ½ cup (50g) each rolled oats, pumpkin seeds and flaxseeds,

⅔ cup (100g) each Nutty Wheat (bran) flour and self-raising flour, ½ tsp (3ml) bicarbonate of soda and 1 tsp (5ml) fine salt. **Beat** 2 eggs with an electric whisk until light and fluffy, about 1-2 minutes.

Add ⅓ cup (80ml) canola oil, ½ cup (125ml) milk and 1 Tbsp (15ml) honey, and whisk to combine evenly. **Whisk** ½ tub (125g) ricotta and ½ cup (125ml) PnP low-fat plain yoghurt until smooth.

Add to flour mixture, along with 2 large (about 250g) peeled and grated beetroots. **Spoon** dough into loaf tin.

Bake for 55-65 minutes until an inserted skewer comes out clean. **Cool** in tin for 15 minutes, remove and cool completely on a wire rack before slicing. **Eat** within 2-3 days, or freeze slices for later use.

MAKES 1 LOAF (10 slices)



1



2

3



7



4



6



5



Healthy snacking *made easy*

LOOK OUT FOR:

1. PnP Snack Well roasted chickpea snack;
2. PnP Snack Well beetroot & blueberry snack;
3. PnP Snack Well kale chips;
4. PnP Snack Well cranberry & almond fruit & nut bars;
5. PnP Snack Well almond & cocoa baked oat bar;
6. PnP Snack Well mango & macadamia bar;
7. PnP Snack Well cocoa nut butter bombs



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