



Healthy Snack Ideas

- Rice cakes lightly spread with ricotta or "light" cream cheese and vegemite or fruit spread.
- Toasted muffin with a scrape of honey or fruit spread.
- Slice of toasted wholegrain bread topped with ricotta cheese and fruit spread.
- Microwaved pappadums.
- Crispbreads with a low fat topping or plain biscuits.
- Wholewheat breakfast cereal and reduced fat milk.
- Toasted sandwich - use baked beans with a slice of low fat cheese or lean ham and creamed corn.
- Homemade muffins or buy a low fat muffin mix (check your supermarket).
- Frozen banana (spear peeled banana with icy-pole stick and freeze) or other frozen fruit such as grapes, peeled orange or mandarin segments.
- Scoop low fat ice cream with 1/2 cup canned unsweetened fruit.
- Strawberry smoothie (using skim or low fat milk or low fat soy drink).
- Fruit yoghurt cup
- Ice blocks made with equal quantity fruit juice and low fat yoghurt.
- Ice blocks made on diet cordial.
- Fruit kebabs (skewer cubes of fruits on to bamboo skewers).
- 200gm tub of frozen yoghurt or low fat fruit yoghurt.
- Fruit platter with low fat yoghurt to dip into.
- Bowl of pumpkin soup (made with low fat evaporated milk or skim milk instead of cream).
- Vegetable rich soup with spirally pasta.
- Raisin toast.
- 2 minute noodles.
- Cheese scones or muffins (mix grated cheese in or sprinkle on top and grill).
- Crumpets with a scrape of margarine - try topping with tomato and cheese.
- Fresh fruit kebabs.
- Pikelets with jam or honey.