

BEST OF 2023
SALTY 'ON THE GO'
KIDS SNACKS



Supermarkets make it easy to buy processed snacks for our kids. Here are the healthiest we found, but they are more expensive. On a budget or not, wholefoods and making your own is the best choice.

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We don't try to influence or take on health responsibility. We are an outside opinion that has not been sponsored.



CHOOSE

- 1 No seed oils
- 2 Lowest sugar possible
- 3 Wholefoods; avocado, carrots, apples, nuts etc.
- 4 Add hummus or guacamole when possible
- 5 Try gherkins and olives

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SUNNA'S TOP HEALTH PICK

FRUIT & VEG

----- **No seed or palm oils, added sugar or sweeteners** -----

----- **If you must, the best containing sunflower oil** -----



LOOK FOR

Organix Apple Rice cake clouds (Or any of the flavours)	Crosta & Mollica Mini Durum Wheat Piadina Flatbreads	Crosta & Mollica Classic Grissini Breadsticks	Piccolo Stars Carrot & Multigrain	Babybel Mini Original Cheese Snacks	Crazy Jack Organic Walnuts	Nom Popcorn Organic Simply Salted Popcorn	Proper Sea Salt Lentil Chips	Rude Health Organic Corn Triangles
0.8g fat 6.3g protein 7.8g sugar	6.9g fat 10.5 protein 12.2g sugar	13.4g fat 10.5g protein 3.5g sugar	13.4g fat 10.5g protein 3.5g sugar	43g fat 22g protein 0.01g sugar	64g fat 15g protein 2.6g sugar	29g fat 8.7g protein 0g sugar	20.8g fat 9.7g protein 1.0g sugar	10g fat 6.7g protein 1.0g sugar
£1.45	£1.05	£2.00	£0.90	£2.45 (for 6)	£2.20 (for 100g)	£1.20 (for 20g)	£2 (for 85g)	£1.65 (for 100g)

All nutritional highlights are per 100g. Recommended retail prices, (prices differ between supermarkets) but promotions often apply.

AVOID



- Dried fruit.
- Inflammatory sunflower and rapeseed oils.
- Ultra-processed foods.



Yours in health

Sunna

Sunna Van Kampen
Founder, Tonic Health

Want to ask Sunna a question? Email him on sunnavankampen@tonichealth.co