

SHOPPING GUIDE



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.

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



LOOK FOR

No seed or palm oils, added sugar or sweeteners



Organix Apple Rice cake clouds
(Or any of the flavours)

0.8g fat
6.3g protein
7.8g sugar

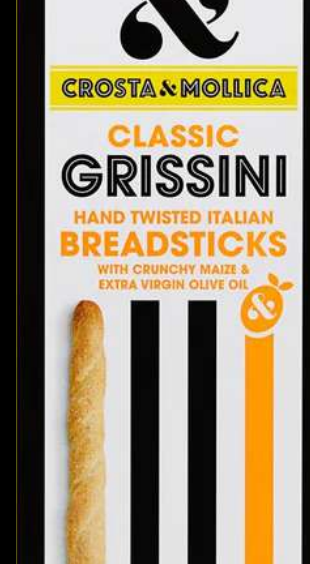
£1.45



Crosta & Mollica Mini Durum Wheat Piadina Flatbreads

6.9g fat
10.5 protein
12.2g sugar

£1.05



Crosta & Mollica Classic Grissini Breadsticks

13.4g fat
10.5g protein
3.5g sugar

£2.00



Piccolo Stars Carrot & Multigrain

13.4g fat
10.5g protein
3.5g sugar

£0.90



Babybel Mini Original Cheese Snacks

43g fat
22g protein
0.01g sugar

£2.45 (for 6)



Crazy Jack Organic Walnut Pieces

64g fat
15g protein
2.6g sugar

£2.20 (for 100g)

If you must, the best containing sunflower oil



Nom Popcorn Organic Simply Salted Popcorn

29g fat
8.7g protein
0g sugar

£1.20 (for 20g)



Proper Sea Salt Lentil Chips

20.8g fat
9.7g protein
1.0g sugar

£2 (for 85g)



Rude Health Organic Corn Triangles

10g fat
6.7g protein
1.0g sugar

£1.65 (for 100g)

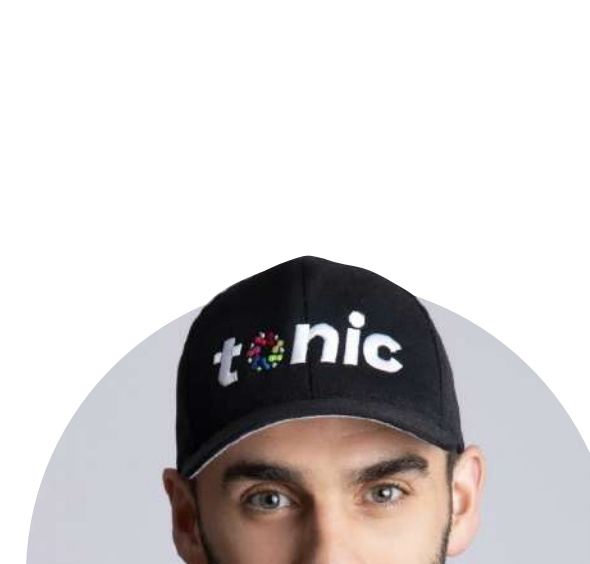
All nutritional highlights are per 100g. Recommended retail prices, (prices differ between supermarkets) but promotions often apply.

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

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