

tonic

SHOPPING GUIDE



BEST OF 2023

KIDS SNACKS

'ON THE GO'

The supermarket and manufacturers make it easy to buy on-the-go snacks that are convenient and processed for our kids. Here is the best we found in supermarkets as prepared salty snacks.

CHOOSE



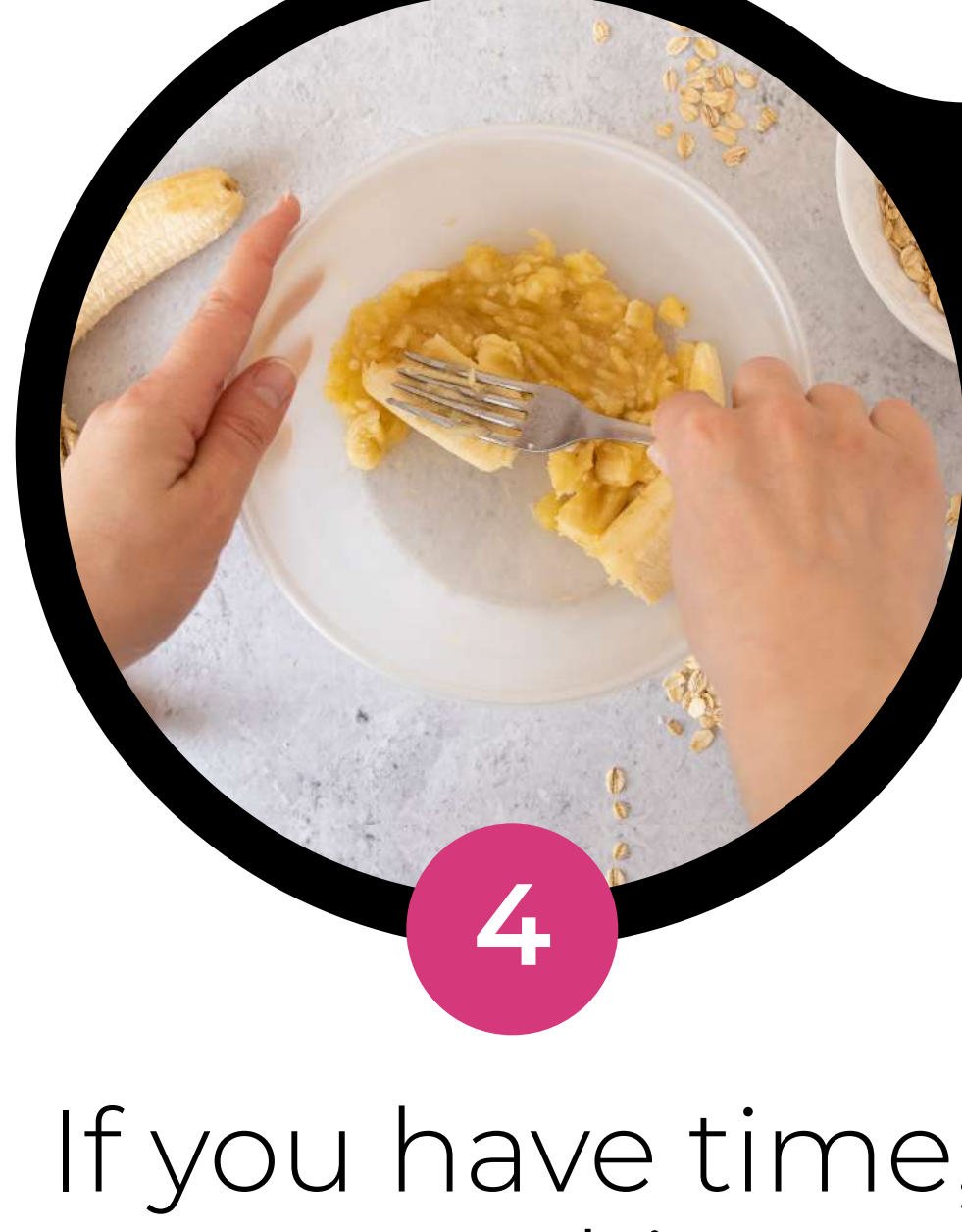
1 No seed oils



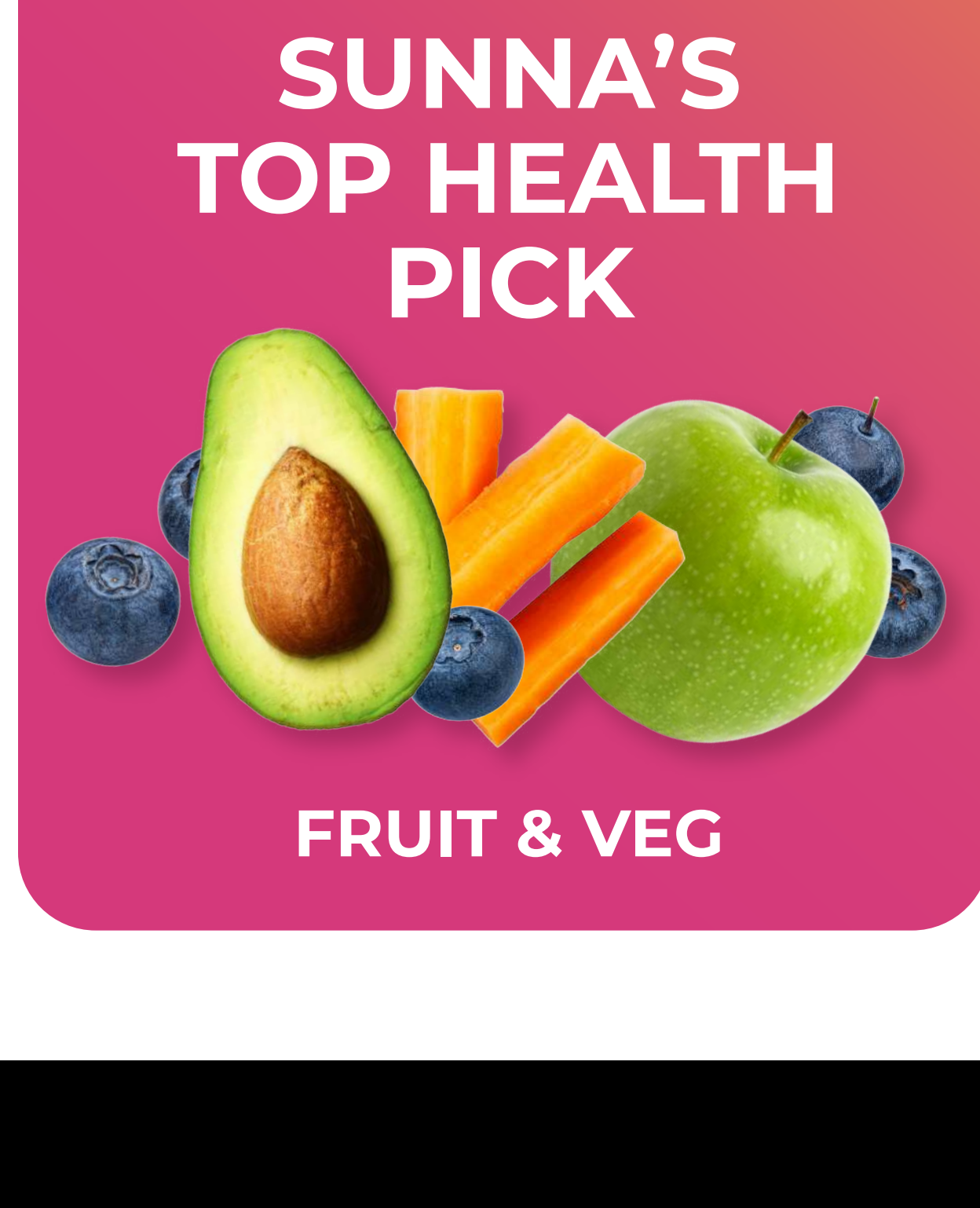
2 Lowest sugar possible



3 Wholefoods; avocado, carrots, apples, nuts etc.



4 If you have time, try making your own



LOOK FOR

No seed or palm oils, added sugar or sweeteners



Organix Apple Rice cake clouds

£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 Walnuts

64g fat
15g protein
2.6g sugar

£2.20 (for 100g)

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

AVOID

✗ Dried fruit

✗ Sunflower and rapeseed oils and the equivalent of crisps!

✗ 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

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