

tonic

SHOPPING GUIDE



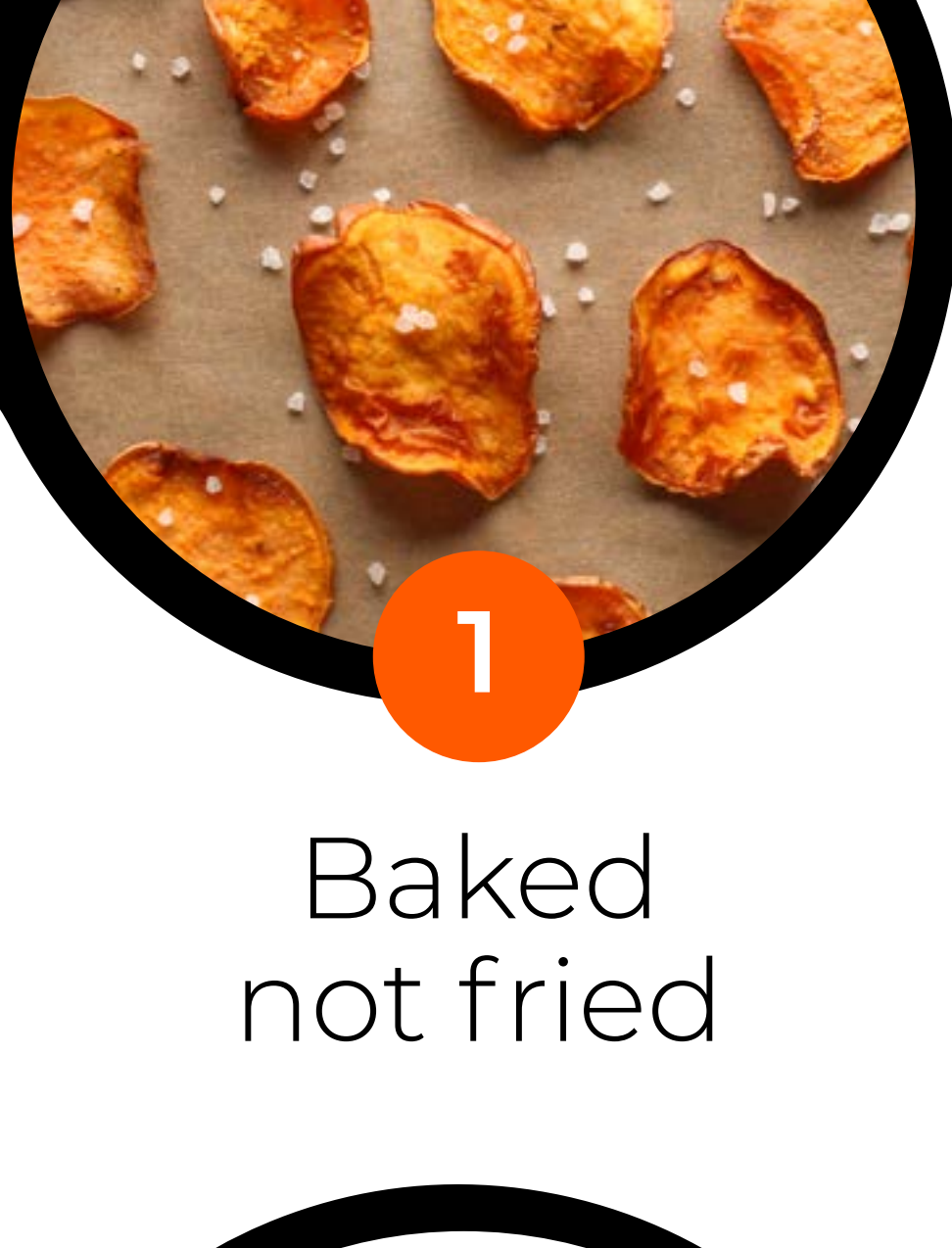
BEST OF 2023

SAVOURY

SNACKS

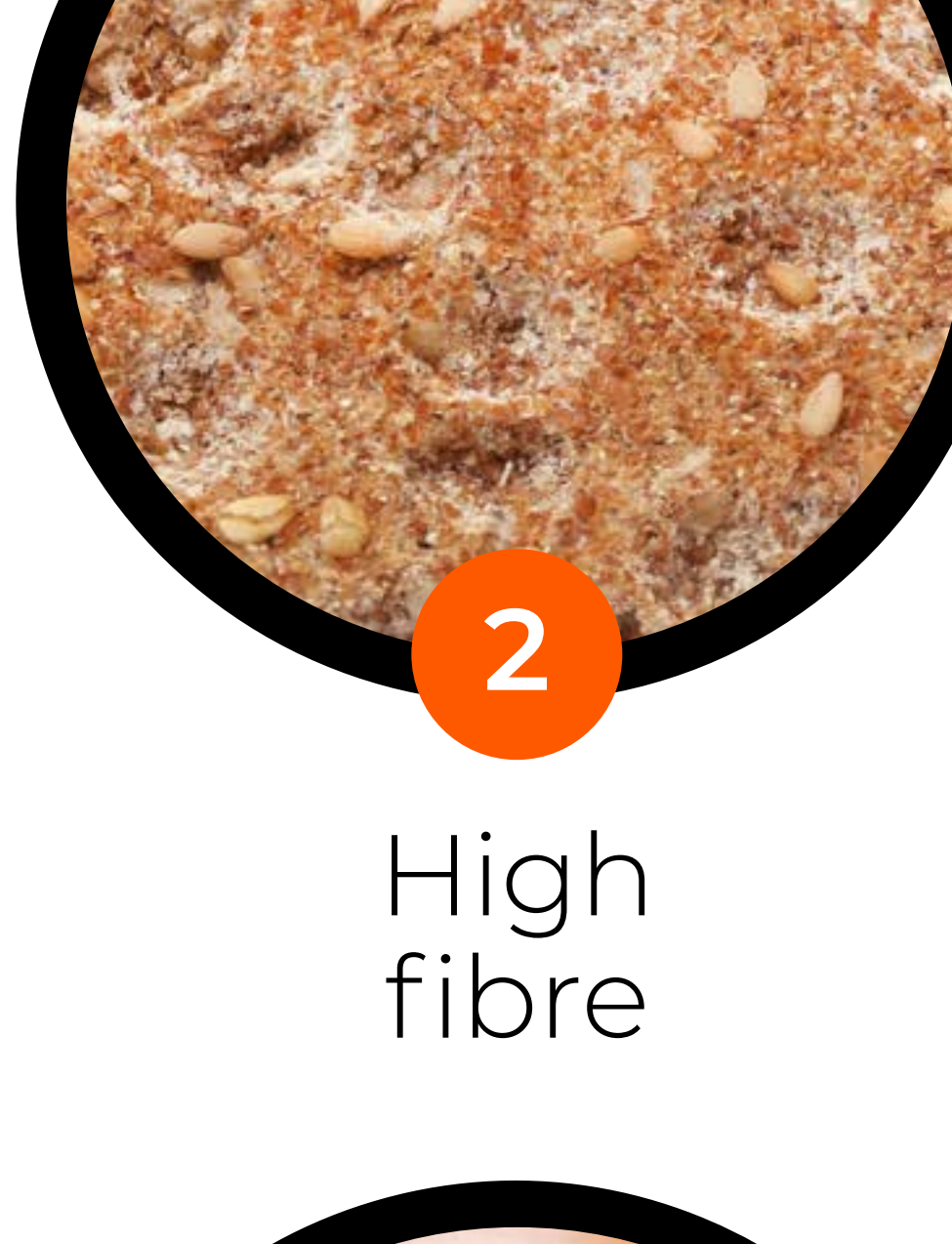
Savoury snacks are a popular go-to option when hunger strikes, but many of them are packed with high levels of fat, salt, and unhealthy seed oils that can do more harm than good. Fortunately, there are healthier alternatives that can still satisfy your cravings without compromising on nutrition.

CHOOSE SAVOURY SNACKS THAT HAVE



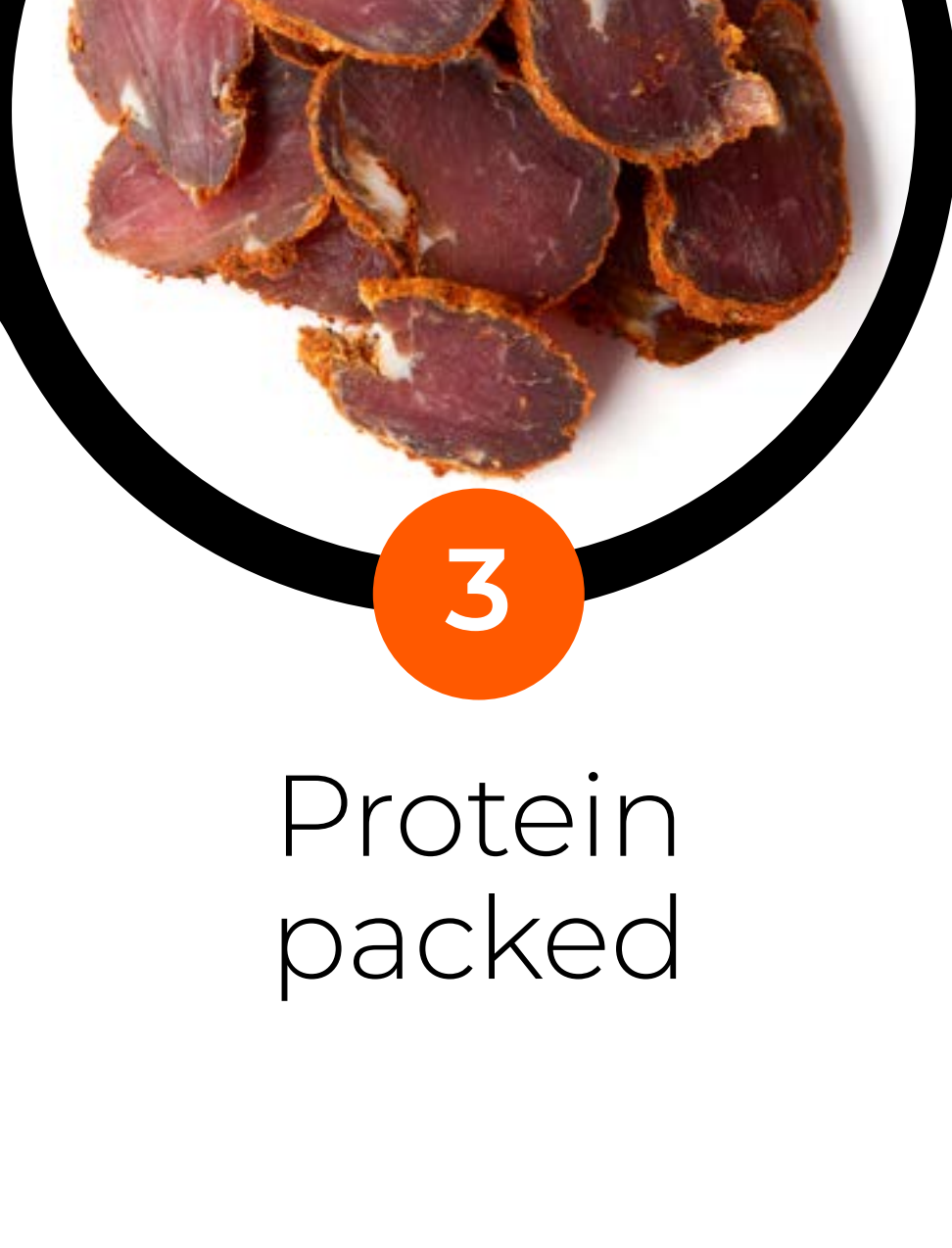
1

Baked not fried



2

High fibre



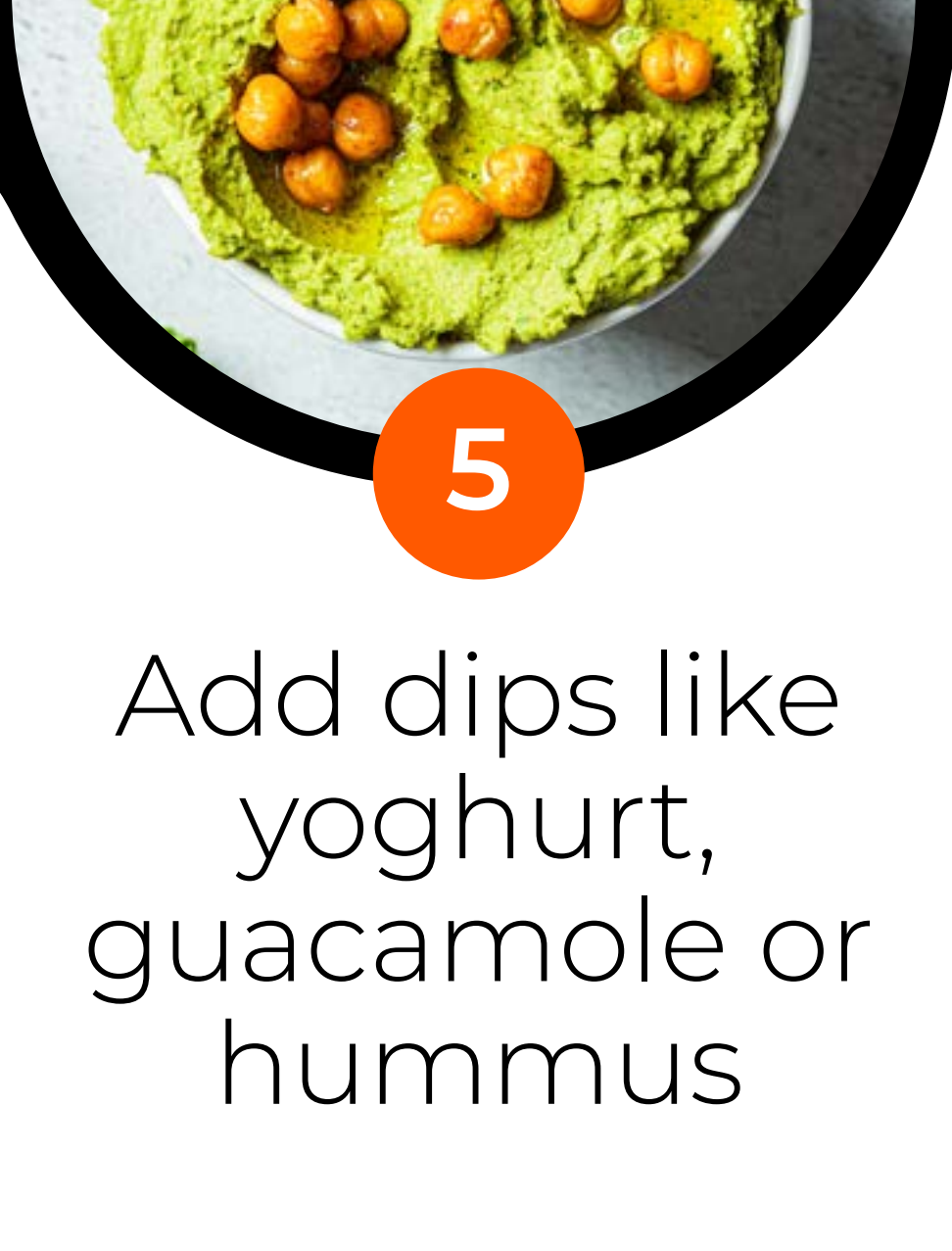
3

Protein packed



4

Wholefood alternatives (carrots, peppers, nuts)



5

Add dips like yoghurt, guacamole or hummus

★
SUNNA'S TOP HEALTH PICK

Whole Foods

(add dips to take them to another level)

👍 👍 **LOOK FOR** 👍 👍

No seed oils or flavour enhancers and up to 50% less fat



The Savourists Sizzling BBQ Crunchits

Protein 19.2g
Fibre 19g
Fat 7.1g

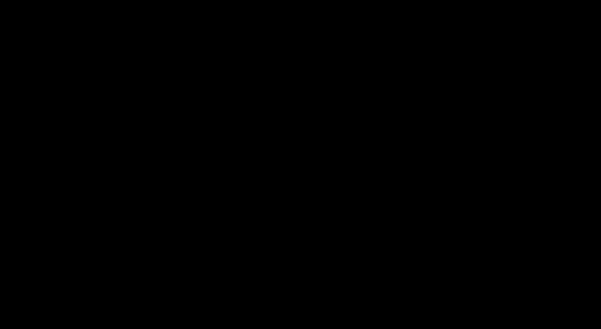
£0.93 (25g bag)



The Curators Beef Biltong

Protein 53.1g
Fat 5.6g

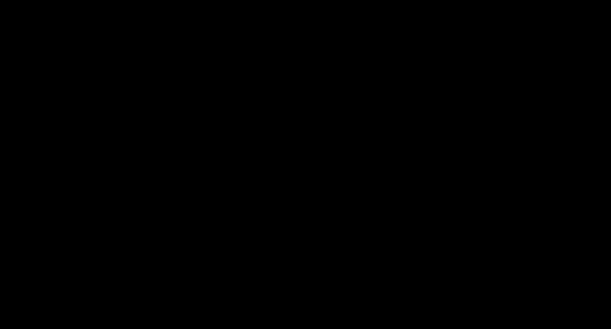
£2 (26g bag)



Planet Organic Popcorn (Himalayan pink salt)

Protein 9g
Fibre 11g
Fat 24g

£2.05 (60g bag)



Ryvita Original

Protein 10.5g
Fibre 13.4g
Fat 1.1g

£1 (250g)



Other: If you must, the best containing seed oils



Pop Chips (sea salt)

Protein 6g
Fibre 4.6g
Fat 13g

£2.25 (85g bag)



Hippeas (sweet & smoking)

Protein 22g
Fibre 6.3g
Fat 14g

£1.50 (78g bag)



Proper Chips (salt & vinegar)

Protein 9.5g
Fibre 0.7g
Fat 19.4g

£2 (85g bag)



Nutrition per 100g. Recommended retail prices, (prices differ between supermarkets) but promotions often apply.

👎 👎 **AVOID** 👎 👎

❌ **Ultra processed**

❌ **Artificial flavourings/additives**

❌ **Seed oils**



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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