

BEST OF 2023

SAVOURY SNACKS



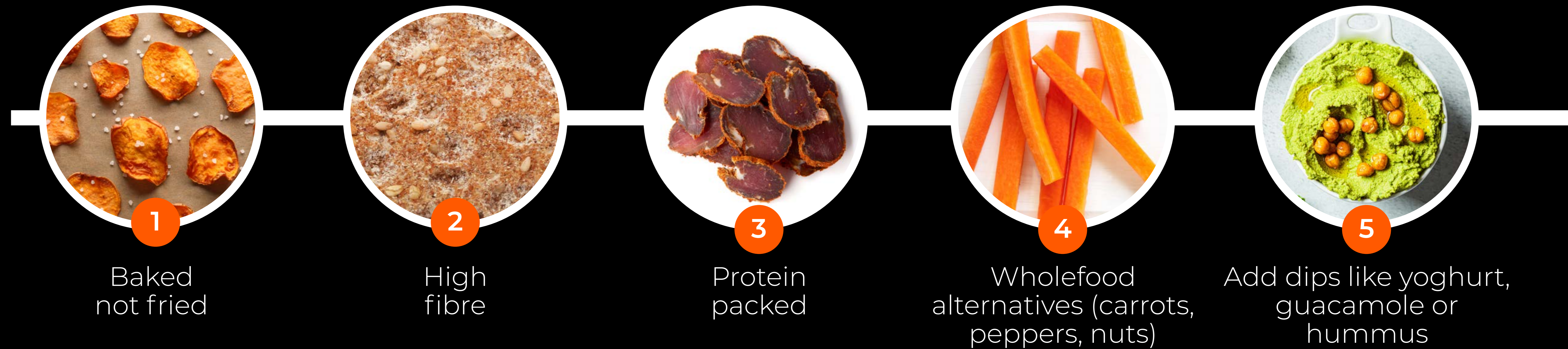
Savoury snacks are a popular go-to option when hunger strikes, but many of them are packed with high levels of fat, salt, and unhealthy seed oils that can do more harm than good. Fortunately, there are healthier alternatives that can still satisfy your cravings without compromising on nutrition.

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

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CHOOSE SAVOURY SNACKS THAT HAVE



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SUNNA'S TOP HEALTH PICK

Whole Foods

(add dips to take them to another level)

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

Other: If you must, the best containing seed oils



LOOK FOR



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)



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