

HEALTHY SNACK IDEAS – FIND THE THINGS YOU LIKE.

One of the keys to effective weight loss is to find healthy snacks that you can enjoy between meals that don't undo all the hard work. Here are some great ideas for healthy snacks, find some that work for you and have them as your standby. Also make sure you pay attention to the suggested serving sizes, which are just as important as making healthy choices.

In general, the aim would be to keep snacks to under 150 calories per serve. The number of calories and the suggested serving sizes are included in the table below. It's easy to see if you don't stick to the serving sizes the calories can quickly increase. We have included snacks to be wary of, an obvious one is nuts which are super high in calories and easy to eat more than you should.

SNACK IDEA	SERVING SIZE	CALORIES
DAIRY		
Natural Plain Yoghurt	150g tub	132 calories
Natural Plain Low Fat Yoghurt	150g tub	90 calories
Plain Low Fat Greek Yoghurt	150g tub	75 calories
Low Fat Cottage Cheese	100g - 1/2 tub	85 calories
Low Fat Cheese slices	35g - 2 slices	80 calories
Hard Boiled Egg	1 hard boiled egg	65 calories

SNACK IDEA	SERVING SIZE	CALORIES
FRUIT		
Apples, Pears, Oranges	200g - 1 medium/large size piece	90 calories
Grapes	20 - 30 medium size	80 - 120 calories
Strawberries	10 large	80 calories
Blueberries	150g - 1 cup	80 calories
Mango	150g - 1 large cheek	90 calories
Banana	1 medium size	100 calories
Dried Apricots	10 medium halves	120 calories
Dried Apple	10 rings	90 calories
Watermelon	150g - 1 thick slice	50 calories
Cherry Tomatoes	150g - 1 cup	26 calories
DRINKS		
Milky Coffee - Cappucino, Latte skinny milk	250ml - 300ml	80 - 110 calories
Milky Coffee - Cappucino, Latte regular milk	250ml - 300ml	140 - 180 calories
Tea with regular milk	250ml	22 calories
Tea with skimmed milk	250ml	9 calories

SNACK IDEA	SERVING SIZE	CALORIES
CANNED PRODUCTS		
Canned Tuna in Brine	95g can	110 calories
Canned Salmon in Brine	95g can	145 calories
Small Can Baked Beans	130g can	100 calories
BREAD, CRACKERS & DIPS		
Hommus and Carrot sticks	150g - small serve	150 calories
Toast with low fat cheese	1 piece of Toast with 1 low fat Cheese slice	140 calories
Rye Crispbread and low fat Cheese	2 Rye Crisp Bread with 1 low fat Cheese slice	120 calories
Rice Cakes with low fat Cheese	2 Rice Cakes with 1 low fat Cheese slice	90 calories
Wheat Crispbreads with Tomato slices	2 Wheat Crispbreads with Tomato slices	80 calories
Tzatziki and Lebanese Cucumber dips	50g of Tzatziki & 150g Lebanese Cucumber Slices	90 calories
BE VERY CAREFUL OF THESE SNACKS		
Peanuts	50g - small pack	300 calories
Mixed Nuts	50g - small pack	296 calories
Trail Mix	50g - small pack	245 calories