

# Grab-able Snacks

## Savoury



1 packet



1 packet



1 packet



1 can



4 crackers

## Sweet



1 bar



1 piece or 1 cup



1 packet  
(~160 grams)



3/4 cup



1 packet

1 packet



## Healthier Snack Ideas

Add these food items together to make a larger, more filling and nutritious snack

### Grains



17 Crackers

### Proteins



1-2 tbsp Tzatziki

### Vegetables/Fruit



~1 cup Vegetable Sticks



1 Slice Wholegrain Bread



1 Can Fish



1/2 Tomato & 1/2 Avocado



1/4 Cup Granola



3/4 Cup Yoghurt



1/2 Cup Berries



4 Crackers



1 tbsp Nut Butter



1/2 Tomato & 1/2 Avocado



1 Small Handful Nuts



1 Serve Fruit

## Healthier Snack Ideas

Add these food items together to make a larger, more filling and nutritious snack

### Grains



**1 Wholegrain Sandwich Thin**



**1 Slice Fruit Toast**



**4 Crackers**



**1/4 Cup Popcorn**



**1 Slice Wholegrain Bread**

### Proteins



**1 Can Fish**



**1/2 Cup Cottage Cheese**



**2 Boiled Eggs**



**1 Tablespoon Milo &  
1 Cup Milk**



**1 Can Legumes**

### Vegetables/Fruit



**1/2 Cup Veggie Sticks &  
1 Packet Seaweed Snacks**



**1 Piece Fruit**



**1/2 Cup Fruit or Vegetable**



**1/2 Cup Fruit or Vegetable**



**1/2 Cup Fruit or Vegetable**