



# Snack and mid-meal ideas

## Breads and cereals

- High fibre breakfast cereal with low fat milk
- untoasted muesli
- Raisin/fruit toast or muffin
- Toasted crumpet or wholemeal muffin
- Toast with grated low fat cheese
- ½ toasted sandwich filled with creamed corn, low fat cheese, baked beans etc.
- Low fat crackers (Vita-Weat®, multigrain Salada®, Ryvita®)
- Plain sweet biscuit (Shredded Wheatmeal®, Highland Oatmeal®)
- Fruit biscuits (Snack Right®, Rich Tea® Biscuits)
- Scones (no cream, ideally wholemeal)
- Pikelets (ideally wholemeal)
- Low fat, high fibre homemade muffin
- Air popped popcorn (no salt)
- Pita chips (homemade)
- Rice paper rolls
- Creamed rice
- Wrap or flat bread
- Rice cakes or corn thins

## Dairy and alternatives

- Milkshake on low fat milk
- Smoothie on low fat milk
- Low fat yoghurt - try adding fruit or muesli
- Low fat custard - try adding fruit
- Low fat cheese / cottage cheese
- Low fat milk iceblocks
- Low fat milk with Milo®
- Fruche

## Spreads and others

- Low fat cheese
- Hommous
- Beetroot dip
- Tzatziki
- Salsa
- Chutney
- Peanut butter (not too much)
- Tuna
- 100% fruit spread or diet jam
- Cottage cheese
- Boiled egg

## Fruit and vegetables

- Fresh fruit, fruit salad, frozen fruit
- Canned fruit in natural juice
- Stewed fruit
- Dried fruit and nut mix
- Vegie sticks (carrot, celery, capsicum) and dip
- Vegetable soup
- Corn on the cob
- Fresh fruit smoothie
- Fruit and low fat yoghurt
- Cold Cooked potato (lower GI if cold)
- Vegetable fritters / zucchini slice

## Takeaway snacks

- Sandwich (plain or toasted)
- Small plain hamburger with extra salad, (no margarine)
- Baked potato (no sour cream, low fat cheese)
- Salad (look out for the dressing)