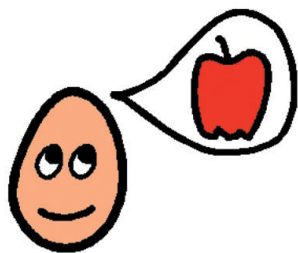


# Healthy Eating

# Snacks



## What can I eat



Hungry?



Eat more vegetables

or



Drink plenty of water

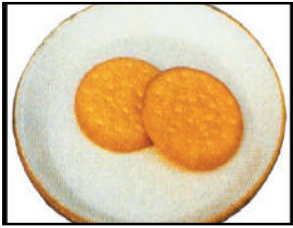
or



Sugar free drinks



**Choose 1 from the following list to have as a snack if you are still hungry**

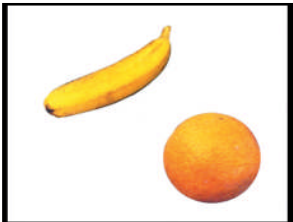


2 plain biscuits

**or**



1 low fat low sugar yogurt



1 portion of fruit like 1 small banana or 1 orange.  
see list for other fruits

**or**



1 small bowl of cereal





1 Digestive biscuit

**or**



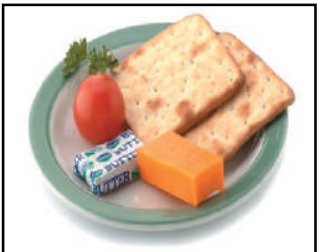
2 rice cakes with low fat spread

**or**



1 slice of toast

**or**



2 crackers with low fat  
cheese and spread





## Notes

I can have \_\_\_\_\_ snacks a day.





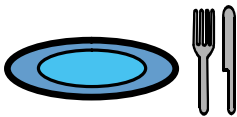
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