

# Snack ideas

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Between the hours of 9.30am -12 noon it is quite normal to feel a little peckish. You may have had a good quality breakfast but you still feel hungry. This is perfectly fine and quite normal.

Here are my top ten ideas on what to eat between breakfast and lunch. This is your second meal of the day albeit a small one. Having nutritional snacks is another great way to avoid eating a highly calorific lunch or worse snacking on bacon butties, crisps and donuts. Let's try and avoid the classic office 11am snacks!

These snacks could be used for that period between lunch and dinner (2pm-6pm) too. Over time you'll get used to how much to eat, between these period, so you don't ruin your main meals of the day. If you are calorie counting you'll know how much to eat!

- **Water**

Zero calories. I've said it before and I'll say it again. Drink water. A key nutrient and the perfect all-day snack.

We think we are hungry but we're not. We may be used to eating a lot so it's perfectly normal to feel hungry. Water will fill you up.

- **Handful of dates/cranberries/walnuts**



Dates are a good source of carbohydrate, so eat before or during exercise. Don't eat too many however as they contain sugar - natural sugars.

Cranberries are a good source of Vitamin C (protects cells and keeps them healthy) and fibre (helps to prevent heart disease, diabetes).

Walnuts contain good fats - monounsaturated and polyunsaturated fats - these fats play a significant role in insulating and protecting our vital organs. We cannot live without fat, good fat that is!

- **Red and Green grapes (200g)**

They do contain natural sugars so need to be careful how many you eat. A good source of potassium, that helps to keep our blood pressure in check.

- **A low fat yoghurt (175g)**

If you don't manage eating one of these at breakfast time, have one as a snack. The muller light range are so tasty and low in calories and fat too.



- **A bowl of cereal with semi skimmed milk**

Another meal associated with breakfast but nothing stopping you having it as a snack.

- **Banana (with yoghurt muller light)**

A slow releasing food, which means a banana provides a huge amount of energy over a long period. It not only fills you up for long periods but lowers your blood pressure too.



- **A fruit salad**

Bring all your fruit in from home that tends to sit in a bowl or forgets to get eaten and make your own fruit salad. Pears, apple, satsuma and peaches, blueberries. Packed full of vitamins and minerals they also contain natural sugars, so once a week is fine.

- **Some mixed nuts**

Waitrose do awesome containers of nuts. A bit of everything. Raisins, almonds, walnuts. Some coated in yoghurt. The occasional treat I guess.



- **Some melon**

This list offers ideas for each day. So if you've had some cereal and don't fancy a banana or multiple fruits, a melon may hold the answer. Melons are oh so sweet. A spot of low fat yoghurt perhaps.

- **A piece of toasted grainy bread**

Nothing sweet about this snack but need to be careful as it still contains sugar. Less sugar than most breads. A knob of butter and some marmite?



- **Extra tip - Popcorn (plain)**

Another great source of your vital fats. Keeps cholesterol levels down and reduces the risk of heart disease.