



# Healthier Snacks: For the Savoury Tongue

Snacks can make or break your day. **Small changes** such as choosing healthier alternatives can make a **big difference**.

## 2

HOURS

The time it will take to walk off a meat pie (2304kJ)\*.

\*Average based on 45 years old, woman: 1.62m and 71kg, man: 176cm and 86kg (ABS)

# Healthier snacks: for the savoury tongue

It might be mid morning, late afternoon or if you work irregular hours - sometime in the very early morning. Whatever the time of day (or night), all of us tend to get into a 'snacking' mood at some point in the day. Problem is - we're all too likely to choose something laden with fat, sugar or salt to help get us to our next main meal.

But the key to snacking is to choose wisely. To avoid introducing unnecessary energy (kilojoules) and at the same time, being able to opt for something that is going to help keep us full until the main event arrives. If you're not peckish - it is definitely okay to skip the snacking.

For those 'snackers' out there, especially those with a savoury tongue, we are pleased to present a number of savoury snack ideas to help get you through the mid morning, late afternoon, early morning or midnight grumble.

**The snacks presented here are categorised as healthy 'Everyday' foods.**

## What is an Everyday food?

Everyday foods and drinks are products which contain foods from the five food groups - vegetables and legumes/beans; fruit, grain (cereal) foods; lean meats and poultry, fish, eggs, nuts and seeds; milk, yoghurt, cheese and/or alternatives.



**When choosing commercial or packaged foods and drinks look for products with a Health Star Rating of 3.5 stars or higher.**

Fresh unpackaged foods like fruit and vegetables don't have Health Star Ratings - they are among the healthiest Everyday foods.

## What is the Health Star Rating?



The national Health Star Rating label turns complex nutrition information into a simple at-a-glance label. It rates packaged products from ½ to 5 stars.

For more information on how the Health Star Rating System works see [healthstarrating.gov.au](http://healthstarrating.gov.au)

More information on these food and drink categories can be found in the [Healthier Food and Drink Guide](#). We hope this list inspires a couple of new snack ideas for you.

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## Everyday snack ideas

Product		Quantity
Almonds		15 almonds, unsalted
Beans 'to go'		Four bean mix snack pack
Beans on toast		½ can reduced salt baked beans (110g) with 1 slice wholegrain toast
Cheese and crackers		1 x snack pack with crackers and reduced fat cheese
Cheese on toast		1 slice wholegrain bread with 1 thin slice of reduced fat cheese (20g) and 1 tsp tomato paste
Cherry tomatoes		1 cup cherry tomatoes
Crackers with cream cheese and smoked salmon		2 pieces of smoked salmon with 1 tbsp reduced fat cream cheese on 2 plain crackers
Dip and crackers		4 tbsp of tzatiki dip with 4 water crackers
Egg with low fat mayo on a cracker		1 boiled egg mixed with 1 tbsp reduced fat mayonnaise on 2 plain crackers
Flavoured tuna		½ can (47.5g) of flavoured tuna
Gherkin and cheese on crackers		2 x gherkins with 1 slice reduced fat cheddar cheese and wholegrain crackers
Crackers with flavoured cream cheese		2 tbsp (40g) reduced fat cream cheese on 2 plain crackers
Pizza muffin		½ English muffin, 1 tbsp reduced fat cheese and 1 tsp tomato sauce

## Everyday snack ideas

Product		Quantity
Poached egg on toast		1 poached egg on 1 slice wholegrain toast
Popcorn		1 cup plain, air popped popcorn
Rice crackers		14 plain rice crackers
Spaghetti (tinned) on toast		1 small can reduced salt spaghetti (130g) on 1 slice wholegrain toast
Sushi		2 pieces of sushi (without crumbed/tempura fillings)
Toasted pita with tomato salsa		½ pita bread, toasted with ¼ cup tomato salsa for dipping
Tuna and crackers		½ can tuna with 5 water crackers or a pre-packaged snack pack
Vegetable sticks with dip		1 cup of vegetable sticks with ½ cup of tomato salsa
Wheat biscuit		2 wheat biscuits with 1 tsp margarine and a thin scraping of Vegemite

For more details visit [gethealthyatwork.com.au](http://gethealthyatwork.com.au)