



EatSmart Tips for Students under the New Normal Series

Healthy Snacks

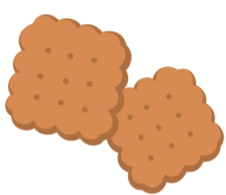


Consume moderate amount of healthy snacks can supplement the daily nutrients required. However, overconsumption can affect appetite for main meals and increase risks of overweight and obesity

Quality



• **Snacks of Choice:** contain less fat, salt and sugar



• **Snacks to Choose in Moderation:** contain more fat, salt or sugar



• **Snacks to Choose Less:** high in fat, salt or sugar

Quantity

Eat a small amount of **healthy snacks only once** between main meals



Examples of healthy snacks



Bread roll



Fresh fruit



Cherry tomatoes



Boiled egg



Healthy Snack Checker:

Looking for healthy snacks and drinks?
Use the "Healthy Snack Checker"
to pick the appropriate food now!

