

Healthy Snacks

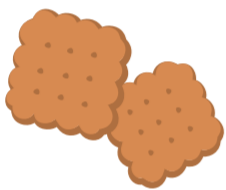


Consume moderate amount of healthy snacks can supplement the daily nutrients required. However, overconsumption can affect appetite for main meals and increase risks of overweight and obesity

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!

