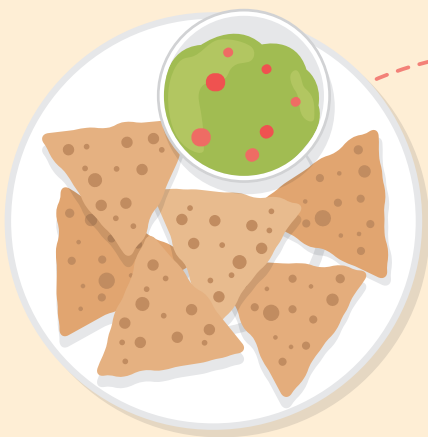


# Healthier snacks that pack a punch



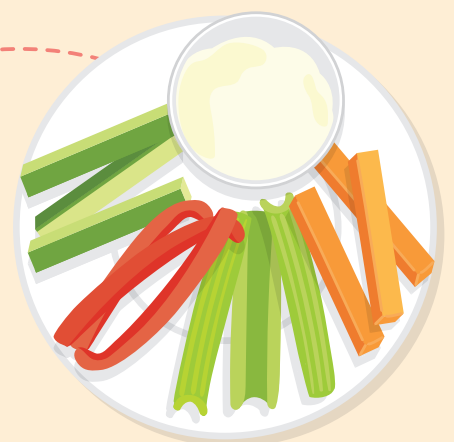
Sometimes I don't eat very much. So, it's important that every bite I take is full of nutrients that I need for my growth and development.

If I get hungry between meals, you should opt for healthier and more nutritious snacks with vitamins and minerals such as wholemeal bread, biscuits, yoghurt, or fruit and veggies. To make things easier, look out for food items with the Healthier Choice Symbol and avoid sugary treats which have little nutritional value. Here are some tasty snack ideas that I would love to try!



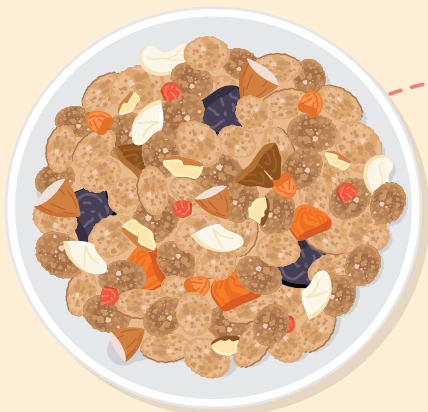
## Easy guacamole

Mash a ripe avocado and add a squeeze of lemon juice, a pinch of salt and some chopped ripe tomatoes to make a mild, nutritious guacamole that I'll love. Serve with plain tortilla chips or wholegrain crackers for a satisfying crunch!



## Sticks & dip

Cut cucumber, celery, carrots or capsicums into sticks and serve with a small side of low-fat dressing. This crunchy snack is easy to make in advance — just prep the veggies and store them in an airtight container in the fridge the night before.



## Tasty trail mix

Mix one cup of wholegrain cereal with  $\frac{1}{4}$  cup of chopped nuts (almonds, walnuts, cashews) and  $\frac{1}{4}$  cup of chopped dried fruit (apricots, prunes, raisins and cranberries) for a healthy snack that you can take with you. It's perfect for picnics too!