



what makes a great snack?

## Question

what is the purpose of a snack?

## Answer

to keep you nourished until your next meal

if weight/fat loss is your goal, snacks should be...

occasional

small

tasty

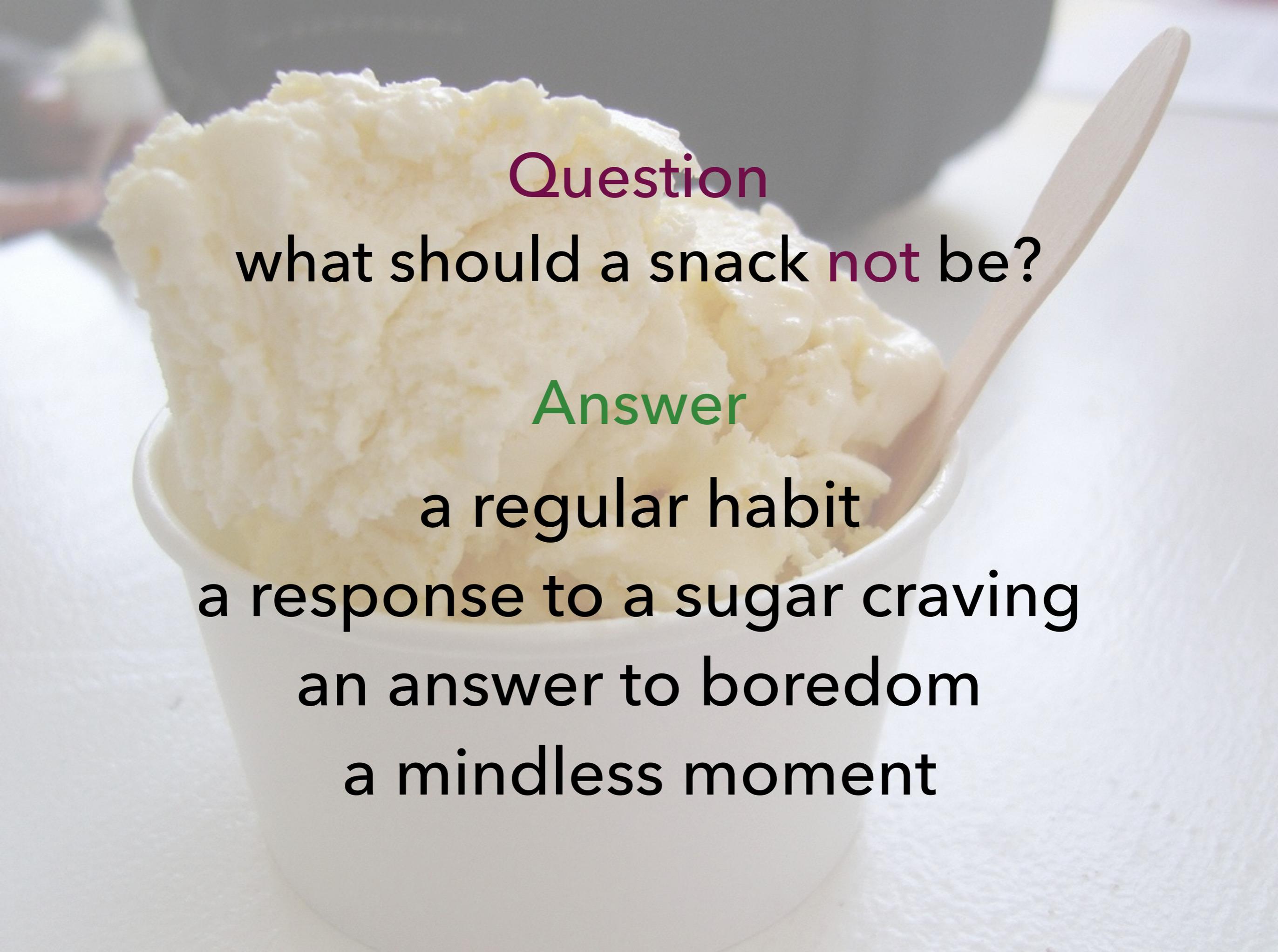
nutritious

filling

fresh

transportable

quick

A close-up photograph of a white cup filled with soft-serve vanilla ice cream. A wooden spoon is inserted into the ice cream. The background is a plain, light-colored surface.

## Question

what should a snack **not** be?

## Answer

a regular habit

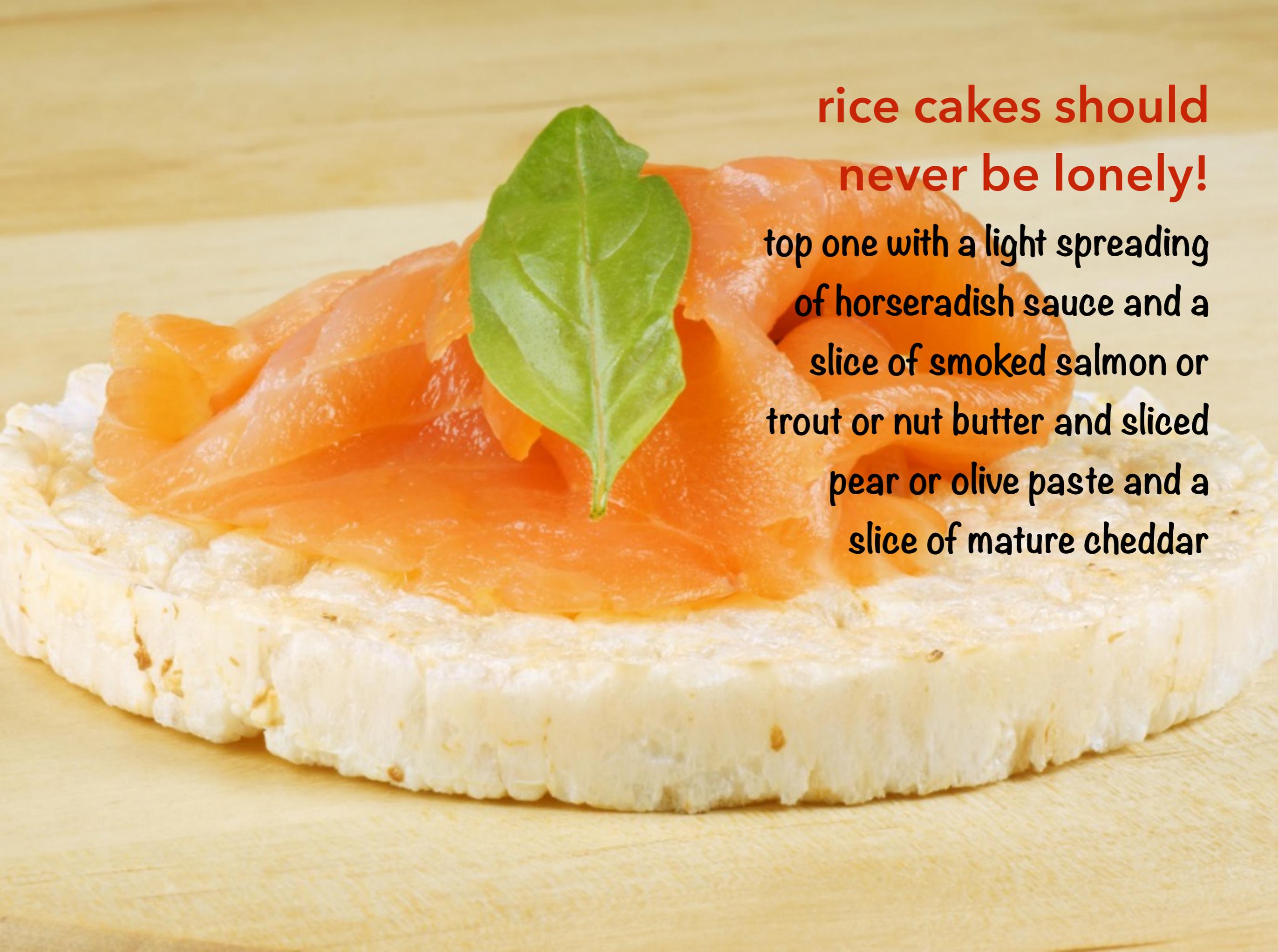
a response to a sugar craving

an answer to boredom

a mindless moment



**yoghurt nuts and berries**  
it's never too early or late in the day to  
have this worthy little combination!



**rice cakes should  
never be lonely!**

top one with a light spreading  
of horseradish sauce and a  
slice of smoked salmon or  
trout or nut butter and sliced  
pear or olive paste and a  
slice of mature cheddar

## vegetable bites

get creative with 2 fat discs of cucumber, tomatoes, radish, courgette etc topped with hummus, nut butter, fish pate and/or soft goats cheese





cottage cheese  
with fresh fruit  
and/or fresh  
vegetables

i imagine even cottage  
cheese haters might be  
tempted to give it a whirl  
when they marry it with this  
colourful little selection!

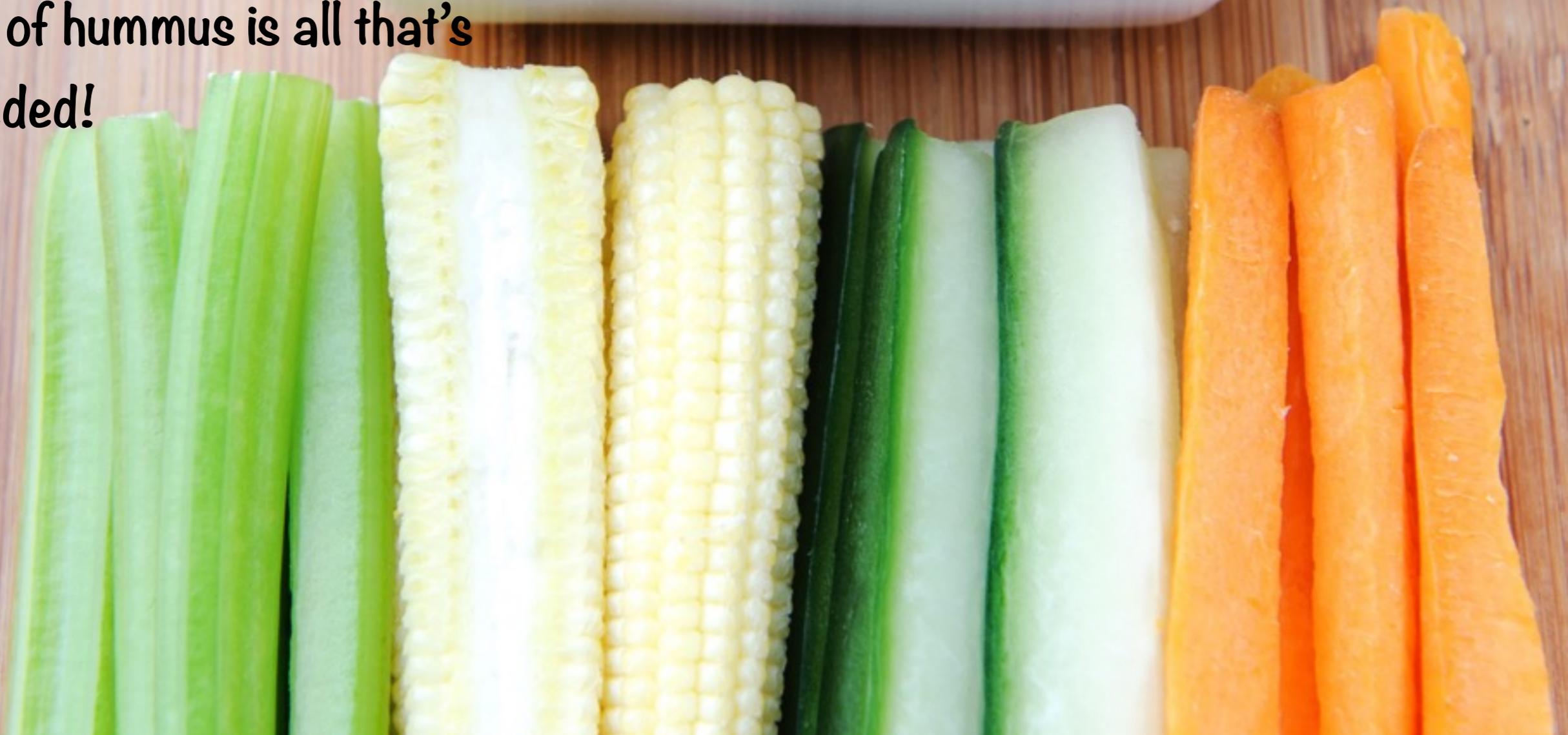


## nut and seed bars

you have to play mighty careful  
with these! make your own if you  
have time or if not, read the label  
obsessively - many are simply  
heaving in sugars and syrups!

## hummus and raw veg sticks

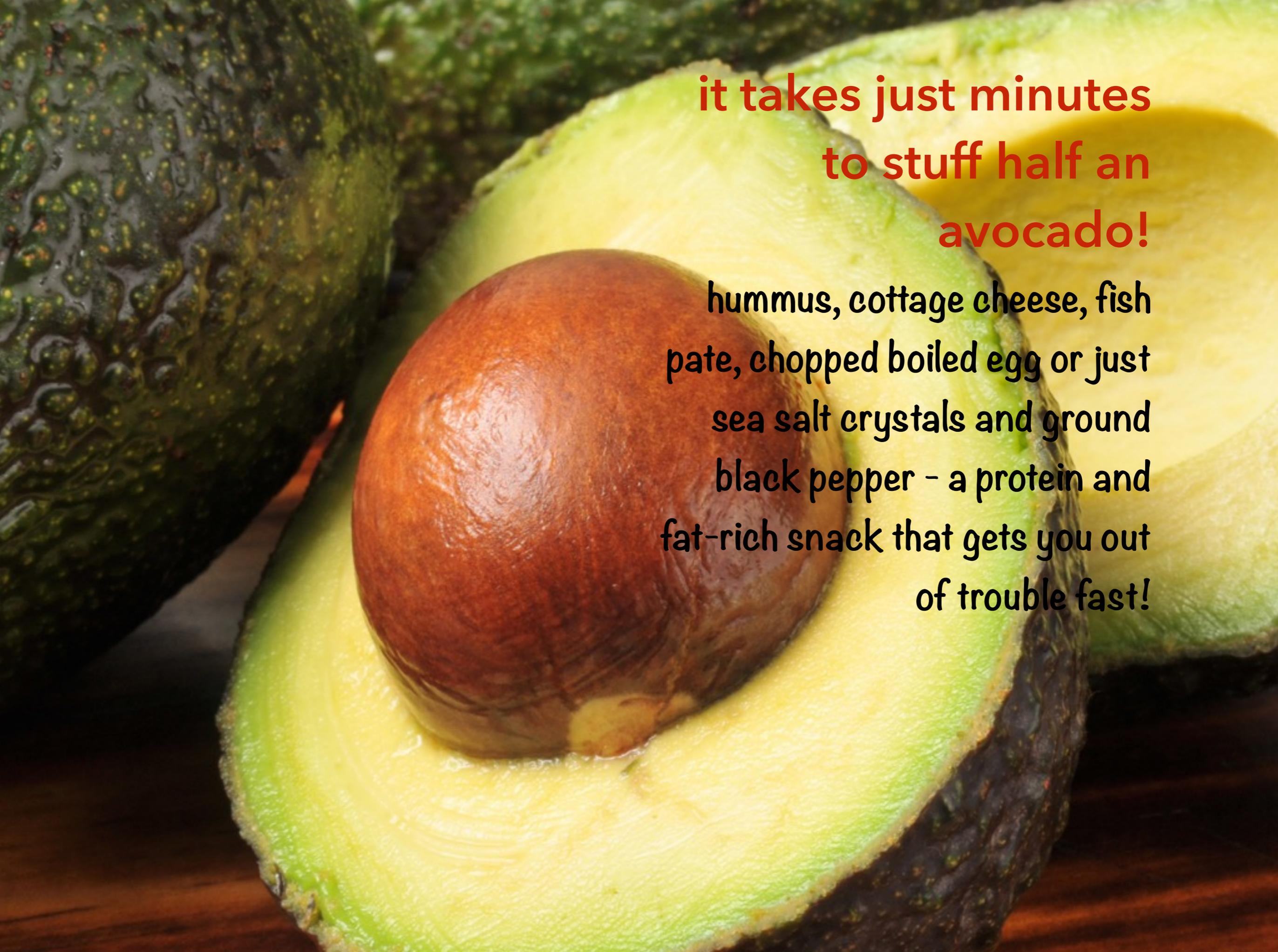
it's a classic snack but it works every time and does a great job of keeping hunger at bay and a small pot of hummus is all that's needed!





goats or ewes milk  
cheese

have a small roundel with  
crisp, fresh apple slices or  
celery sticks or 2 mini  
oatcakes



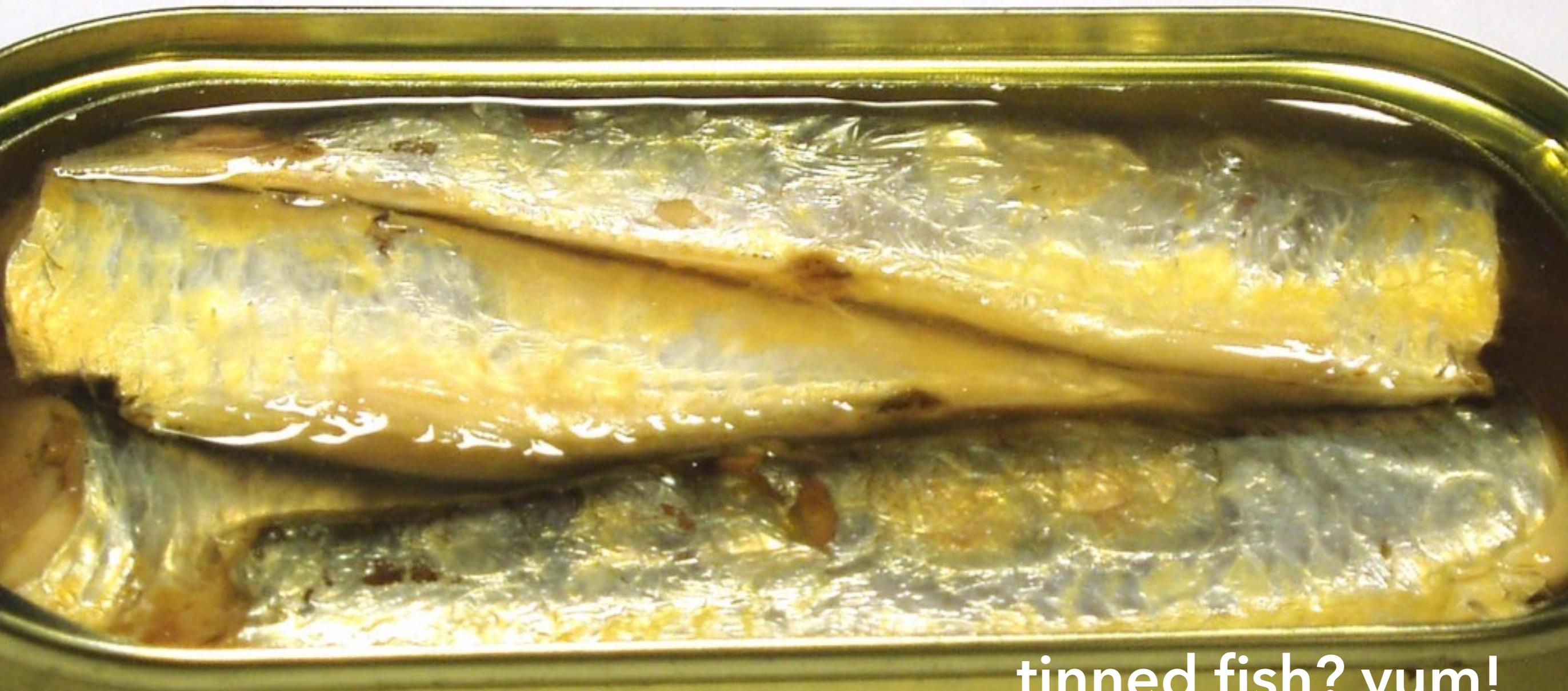
**it takes just minutes  
to stuff half an  
avocado!**

hummus, cottage cheese, fish  
pate, chopped boiled egg or just  
sea salt crystals and ground  
black pepper - a protein and  
fat-rich snack that gets you out  
of trouble fast!

## eggs

they really are the  
perfect (and perhaps  
most convenient)  
snack around! don't  
go to work (or  
anywhere really)  
without one or two -  
they will never let  
you down!





tinned fish? yum!

can be a bit messy and maybe even a little bit smelly but small, oily fish are the kings and queens of the sea when it comes to getting a health-enhancing and fat-busting dose of omega 3 fats into your day and it's hard to beat a couple of sardines squished on a rye cracker with lots of pepper!



## **miso and other light broths**

homemade is top drawer but sachets, pastes etc do a pretty good job when energy levels are running low and all you need is boiling water (and perhaps a spoon!)



have you got an olive habit yet?  
they may be sweet, they may be tart, they may  
be large, they may be small but they are  
**ALWAYS** chock-full of filling and fabulous fats  
and readily available in small packs for a highly-  
convenient and fat busting snack

## fresh vegetable juices

make your own or get them off the shelf (watch the salt content) and enjoy alongside a little protein (handful of fresh nuts and seeds, cold boiled egg, chunk of hard cheese, cold roasted chicken leg, small pot of cottage cheese)





say yes to sprouts  
sprouted grains, beans and  
legumes are rich in protein  
and bursting with goodness -  
munch on a handful when you  
are feeling a little peckish!

# sashimi

be confident that this is a snack that will fill you up fast thanks to the richness in protein and fat

