



Healthy snacks can keep you going between meals and help you get the variety of food you need. But when you're busy, tired or bored it can be easy to slip into bad snacking habits.

Use the guide below to swap your snacks and improve your diet:

Instead of...	Try...
Crisps	Breadsticks, dry cereal, rice cakes or crunchy vegetable sticks
Cream cakes	Toasted currant buns, teacakes, crumpets or English muffins with a little unsaturated spread
Boiled sweets	Dried fruit such as raisins, dried apricots or dried figs
Slice of pizza	Wholegrain pitta bread dipped in reduced-fat hoummus or tzatziki
Bar of chocolate	A banana or some chunks of fresh pineapple
Biscuits	Canned fruit in its own juice such as peaches or pears
Ice cream	Low fat yoghurt or rice pudding – but make sure it doesn't contain added sugar

Top tips



Ask yourself if you're really hungry, or if you're just thirsty – try having a glass of water before reaching for a snack



Don't eat when you're distracted – for example while watching TV – as it's easy to eat too much without noticing



Use the size of your cupped hand as a guide for one portion of nuts or pretzels



Always have fruit to hand – it's the healthiest snack and will count towards your five a day



For more information and advice about healthy eating, check out bhf.org.uk/eatingwell