

# Great Snack Options....



What to eat when you're on the beat!

Here are some tasty and healthy convenience snacks to throw in your shopping trolley!

- Weight Watchers 'real fruit cereal bars'**
- A piece of seasonal fresh fruit or a large handful of grapes or berries.**
- Unroasted almonds, pistachios or Brazil nuts.**
- A small carton of low fat yoghurt, acidophilus is especially good for the digestive system.**
- A can of flavoured tuna or salmon, a great protein snack in the afternoon to keep you going till dinner!**
- A piece of sweet corn (still in its husk). Place in the microwave for a couple of minutes, you'll be pleasantly surprised!**

Keep this list with you for your next supermarket experience.  
Explore yourself for some more healthy snacks!