

Healthy snack ideas.

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These healthy snack suggestions all range from 50 to 150 calories.

1. A banana
2. Small handful of unsalted nuts
3. Hummus with carrot sticks
4. Wholemeal toast or pitta bread
5. Small plain yoghurt with fruit
6. Plain popcorn

Eating healthy snack in between meals can help boost your energy levels throughout the day and avoid overeating at mealtimes.

Plan, pack and portion your snacks in advance to avoid turning to sugary treats.