

Healthy Snacks



No more than two healthy snacks throughout the day can be beneficial as they can control your hunger levels and provide you with important nutrients. The key to whether snacking is good or bad for you is the type of snacks you choose.

Avoid snacks high in fat, salt and sugar as these provide us with very little nutritional benefits. They can cause tooth decay and are very high in energy which can contribute to weight gain.



For more information:

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