

Snack Advice



Calories from snacks can really add up.

Aim for snacks less than 100 calories.

Try sticking to 3 snacks each day, with no more than 2 items from these lists.

Remember fruit and vegetables are the healthiest snack choice.

They also give us vitamins and minerals.

Savoury Snacks

Choose the small bags found in multipacks; standard bags may have more calories.

- Propercorn - 44 kcal
- Space Raiders - 58 kcal
- Babybel mini - 62 kcal
- Pom Bears - 65 kcal
- Golden Wonder Ringos - 68 kcal
- Skips - 71 kcal
- Hula Hoops Pufts - 72 kcal
- Walkers French Fries - 79 kcal
- Quavers - 86 kcal
- Snack a Jacks, salt and vinegar - 89 kcal
- Wotsits - 90 kcal

Sweet Snacks

- Hartley's no added sugar jelly - 6 kcal
- Asda smart price fruit flavoured ice lollies - 24 kcal
- Muller Light, Greek style Strawberry - 75 kcal
- Two rich tea biscuits - 76 kcal
- One chocolate digestive - 83 kcal
- Haribo Starmix mini bags - 86 kcal
- Cadburys Wispa bubbles of joy chocolate mousse - 88 kcal
- Soreen malt loaf, lunchbox size - 91 kcal
- 2 Jaffa cakes - 92 kcal
- Blue Ribband, 1 biscuit - 92 kcal
- Freddo - 95 kcal
- Malteasers, fun sized - 99 kcal
- Maryland cookies minis - 99 kcal
- Breakaway, 1 biscuit - 99 kcal

Snack Swaps

Savoury Snack Swaps

Hula Hoops
(122 kcal)

vs.

Hula Hoops Pufts
(72 kcal) = Saved 50 kcal

Doritos, Tangy Cheese
(150 kcal)

vs.

Wotsits
(90 kcal) = Saved 60 kcal

Doritos, Tangy Cheese
(150 kcal)

vs.

Wotsits
(90 kcal) = Saved 60 kcal

Sweet Snack Swaps

Tunnocks Caramel Wafer
(134 kcal)

vs.

Caramel Snack a Jacks (Jumbo)
(51 kcal) = Saved 83 kcal

Cadbury Dairy Milk
(240 kcal)

vs.

Freddo
(95kcal) = Saved 145 kcal

Cornetto Strawberry
(155 kcal)

vs.

Asda Fruit flavoured ice lolly
(25 kcal) = Saved 130 kcal

Strawberry Muller Corner
(176 kcal)

vs.

Muller Light Greek Style yoghurt
(75 kcal)= Saved 101 kcal

