

What makes a better snack?

Snack tember

MORE!

vegetables and fruit for **vitamins and minerals**

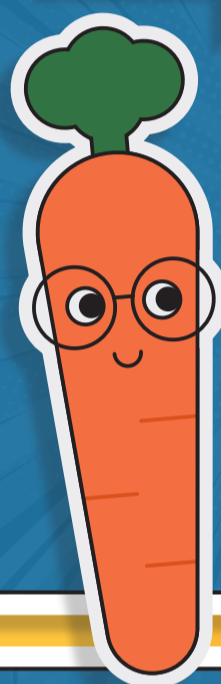
MORE!

wholegrains, beans and pulses for **fibre**

LESS!

saturated fat, salt and sugars for **better health**

THAT'S A LOT!
HOW DO I DO IT ALL?



ONE BITE AT A TIME!
LOOK, I'LL SHOW YOU...



EXPLORE

... more vegetable snack options!

Try some raw vegetables such as cauliflower, peppers or sugar snap peas.

TRY

... a wholegrain version of one of your snacks!

Have wholemeal bread for toast or a sandwich.

MAKE

... your own better version of a snack.

Have a go at making Pizza muffins or Homemade popcorn.



Take a look at these recipes!

www.nutrition.org.uk/snack-tember-2026

Better snacking. One bite at a time.

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