

# What makes a better snack?

**Snack  
tember**

**MORE!**

vegetables and fruit for  
**vitamins and minerals**

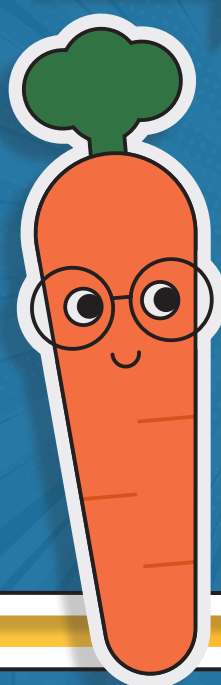
**MORE!**

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-2025](http://www.nutrition.org.uk/snack-tember-2025)

**Better snacking. One bite at a time.**

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