

Healthy snack options

Swap this



For this



Before	Healthy transformations to add more colour
Flavoured yoghurt	Plain unsweetened yoghurt with cinnamon OR some fruit e.g. berries OR curry powder and use as a dressing for meat balls or roast pumpkin and chickpea salad
Porridge/Oats	Handful of oats with pumpkin seeds, mix of raw nuts and cinnamon OR ground linseed, a handful or oats with berries (frozen or fresh) cooked in the same way as porridge
Mashed potato	Carrot and potato mash, pumpkin and carrot mash, cauliflower and herb mash
Quiche	Frittata with lots of coloured vegetables
Roast potatoes	Roast zucchini, carrot, beetroot, onions (red and brown), tomato, yams, asparagus, capsicum and a some potatoes/kumara
Potato chips	Dry roasted nuts or kale chips, beetroot leaf chips, zucchini chips, celeriac chips (rub with a small amount of oil and bake in oven at 180° for 5-10 minutes)
Bought sushi	Use less rice and more vegetables OR seaweed (nori) filled with finely sliced carrot, cucumber and fish/meat OR grated cauliflower 'rice' sushi salad with salmon, ripped seaweed, avocado and carrot
Sandwich	Use sandwich or thinly sliced grainy bread OR have an open sandwich with bread as the base and fillings piled high OR a solid vegetable salad OR soup in the colder months OR cook some whisked eggs in a large fry pan and use as a 'wrap' with vege and meat fillings
Pasta/rice/noodles	Substitute/combine with legumes/beans OR vegetable pasta (zucchini, carrot), grated cauliflower, use half the amount of noodles with mung bean sprouts