Low-Calorie Snack Guide for Weight Control

Reducing your total calorie intake is an important key to losing or maintaining weight. Although snacks can be included in a healthy eating plan, you need to be careful not to eat too many. Snacks can be high in calories and these do add up!

1. Listen to your hunger signals
   - NOT HUNGRY - Wait until your next meal to eat. Your body is telling you that you don’t need any more fuel. If you aren’t hungry don’t snack! Distract yourself with another non-eating activity.
   - NOT SURE IF YOU ARE HUNGRY - Drink a glass of water. It is common for people to confuse their thirst signals for hunger. Wait 20 minutes and see how you feel.
   - HUNGRY - Choose a low calorie snack. It is normal to be hungry for a little while so if you are close to your next meal, try waiting. Recognizing hunger & fullness signals can be tricky at first but an important factor in helping you lose or maintain weight.

2. Choose the right snack
   Choosing both the right type of food and the right portion size is important. Just because a food is ‘low fat’ be careful not to eat more of it. It still contains calories! Aim for no more than 1 to 3 low calorie snacks per day.

   The best options are fresh, unprocessed foods such as fresh fruit, vegetables and yoghurt. Some foods, such as nuts, are healthy but also high in calories. The key is to eat only small amounts of calorie rich foods.

   Read labels of packaged foods to determine the energy level. Check the ‘per serve’ column. If the ‘energy’ column is ~100 kcal (420 kJ) or less, then this is a good snack option. Be mindful that you consume only 1 portion per snack.

3. Satisfy your hunger
   Satisfy your hunger by choosing a food that matches your craving. If you feel like something sweet and smooth, you will feel more satisfied after eating a tub of custard instead of a slice of toast. The following page lists a variety of low-calorie snack ideas that can help keep your weight under control. Choose the snack that will satisfy what your body is craving. You can choose other snacks that aren’t on the list, but check that they are ~100 kcal or less.
**SWEET & CRUNCHY**

1 Apple
1 Be Natural Trail Bar
1 Uncle Toby's Crunchy Muesli Bar
1 Weight Watchers Lemon Delight bar
1 Go Natural Popcorn & Fruit bar
3 Paradise Rich Tea Biscuits
1 slice raisin toast w jam

**SWEET & JUICY**

1 cup of fresh fruit salad
2 punnets of strawberries
½ cup tinned fruit salad in natural juice
2 medium pieces of fruit e.g. mandarins, nectarines, kiwi fruit

**SWEET & SMOOTH**

1 small tub of puree fruit
100g tub of low-fat yoghurt
200g tub of diet yoghurt
125g tub of Fruche
100g Low Fat Custard
1 Paddle Pop
1 Frosty Fruit
1 Bulla Fruit ‘n’ Yoghurt bar
1 sachet Jarrah Chocolatte
200ml skim milk + 1 heaped tsp Milo
1 small skim milk cappuccino/latte
1 x tub of Nestle Diet Chocolate Mousse, Cheesecake Dessert, Crème Caramel or Dark Chocolate Flavoured Dessert

**SAVOURY & CRUNCHY**

14 almonds or cashews
6 macadamias or walnuts
2 Vitaweats + 1 slice Bega Extra Lite Cheese
13 Sakata biscuits
2 Ryvita crispbread + 2 tsp low fat dip
1.5 cups homemade no-added fat popcorn
1 slice of toast with tomato and herbs
1 mini packet of Shapes
1 LeSnak
Carrot & celery sticks with 5 tsp hommus dip

**SAVOURY & CHEWY**

Mini-can of baked beans
Small tin of flavoured tuna
1 finger crumpet + 1 tsp peanut butter

**SAVOURY & SMOOTH**

1 Bega Natural Cheese Finger
Cup-a-Soup

Tip: Be careful when having liquid drinks as a snack - they can leave you hungry and looking for more food. This does not help when trying to lose weight.