



# SNACK FOR SUCCESS

## ACTIVITY SHEET TRACK YOUR SNACKS

NAME .....

**What different snacks are you eating throughout the week, and when?**

**Record your snacks** below for as many days as possible.

(It doesn't matter if you can't remember exactly what you ate, just try and think what you might eat in an ordinary week.)

	BEFORE SCHOOL	DURING SCHOOL	AFTER SCHOOL
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			

### Reviewing your snacks:

- Circle the snacks you think help keep you healthy.
  - Cross out the snacks you think you should take out.
  - Write on new snacks you could include in a different colour.
- 
- Can you draw any links between your snacks and your activity throughout the day?
  - Do you think your snacks improve your performance? Why/why not?

**BE READY TO GIVE  
YOUR REASONS FOR  
YOUR CHOICES.**



# Eatwell Guide

## Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Low fat soft cheese

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

Veg Oil

Lower fat spread

Oil & spreads

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Kellogg's Special K Protein Bar			Granola			Naked Peanut Bar		
	<b>Nutrition Facts</b>			<b>Nutrition Facts</b>			<b>Nutrition Facts</b>	
	Serving Size	1 bar (28g)		Serving Size	1 cup		Serving Size	1 bar (40g)
		Per Serve			Per Serve			Per Serve
	Energy	515kj 123 cal		Energy	1895kj 453cal		Energy	874kj 209cal
	Fat	5g		Fat	12.24g		Fat	13.48g
	Saturated Fat	1g		Saturated Fat	3.572g		Saturated Fat	1.871g
	Carbohydrates	15g		Carbohydrates	80.35g		Carbohydrates	18.96g
	Sugar	5.6g		Sugar	28.65g		Sugar	16.89g
	Fibre	1.8g		Fibre	7.7g		Fibre	1.6g
	Protein	3.9g		Protein	10.23		Protein	6.2g
	Sodium	0.11mg		Sodium	205mg		Sodium	62mg
Dairylea Lunchables			Trail Mix			Activia Fat Free Strawberry Yogurt		
	<b>Nutrition Facts</b>			<b>Nutrition Facts</b>			<b>Nutrition Facts</b>	
	Serving Size	1 pkt (93.9g)		Serving Size	100g		Serving Size	1 pot (125g)
		Per Serve			Per Serve			Per Serve
	Energy	1109kj 265cal		Energy	1933kj 462cal		Energy	322kj 77cal
	Fat	11.5g		Fat	29.4g		Fat	0.1g
	Saturated Fat	6.8g		Saturated Fat	5.55g		Saturated Fat	0.1g
	Carbohydrates	22.5g		Carbohydrates	44.9g		Carbohydrates	12.5g
	Sugar	2.8g		Sugar			Sugar	12.1g
	Fibre	1.4g		Fibre			Fibre	0.3g
	Protein	16.5g		Protein	13.8g		Protein	6.3g
	Sodium			Sodium	229mg		Sodium	0.1g

<div>Walkers Quavers</div>		<div>Pringles Original</div>	
<div>Nutrition Facts</div>		<div>Nutrition Facts</div>	
Serving Size	1 bag 16g	Serving Size	100g
	Per Serve		Per Serve
Energy	356kj 89cal	Energy	2151kj 514cal
Fat	4.8g	Fat	33g
Saturated Fat	0.4g	Saturated Fat	3.6g
Carbohydrates	10g	Carbohydrates	51g
Sugar	0.7g	Sugar	1.2g
Fibre	0.2g	Fibre	2.7g
Protein	0.4g	Protein	4g
Sodium		Sodium	

<div>Hartley Sugar Free Strawberry Jelly</div>			
<div>Nutrition Facts</div>			
Serving Size	100g		
	Per Serve		
Energy	25kj 6cal		
Fat	0.5g		
Saturated Fat	0.1g		
Carbohydrates	0.5g		
Sugar	0.5g		
Fibre			
Protein	1.2g		
Sodium			











Fresh fruit and vegetables are a great way to snack and count towards your 5 a day. If you don't fancy fruit or vegetables try and stick to snacks that are a maximum of 100 calories each and are low in fat and sugar. Look out for the traffic light labelling, try and stick to snacks that are mainly labelled green and occasionally amber! And remember avoid the red labels as these should not be eaten every day. Have a look at our snack swap ideas.....

## Snack Swapping

Swap These



For These

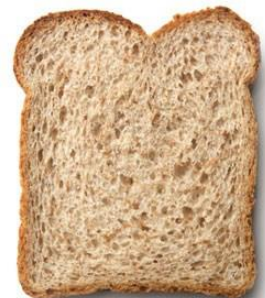


Homemade popcorn made with popcorn kernels





Top tip- Add your own fresh/ frozen or  
tinned fruit (in natural juices)



In Syrup



In Natural Juice



Fruit juice drinks



150ml Pure Fruit Juice  
(1 of 5 a day)



Malt loaf



For more information, ideas and recipes visit Change 4 Life's Healthy snacks page on:

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

Top Tip: Have regular drinks of water, often children and adults mistaken dehydration for hunger! **Water** is a great choice because it delivers fluid without calories or the sugars that can potentially damage teeth!