

## USEFUL FACTS

### Snack Food

#### Facts on Snacks

- Although snacks provide an important source of energy, many of them contain large amounts of sugar and fat.
- Many snacks also lack other important nutrients and often promote tooth decay.
- Avoid sticky, high sugar foods such as fruit roll-ups, and coated muesli bars..
- You can assess the nutritional quality of snacks by reading the nutrition information panel on the packaging, such as:
  - A low fat snack bar contains less than 5g fat per 100g
  - A high fibre snack bar contains more than 3g fibre per 100g
- Snacks that are high in fat and/or sugar should be saved for treats only.

#### Apricot and Almond Cookies

Makes 16

##### Ingredients

100g dried apricots, diced  
100g almond meal  
½ cup caster sugar  
1/3 cup plain flour  
2 egg whites

##### Method

Pre heat oven to 170°C and line two baking trays with non-stick baking paper. Place the apricots, almond meal, sugar and flour in a bowl and mix well to combine. Whisk the egg whites until frothy. Add to the apricot mixture and mix until well combined. Use slightly wet hands to shape into tablespoonfuls of the mixture into balls. Place on the lined trays and use a spoon to press out slightly.

Bake for 12-15 minutes, swapping the trays around once, until the biscuits are set and light golden on the bottom. Leave to cool on the trays for 5 minutes before transferring to a wire rack to cool completely.

##### Analysis per serve

Energy (kJ, Cal)	382/90
Carb (g)	13
Prot (g)	2
Fat (g)	4

#### Fat in Snacks

- 1 x small packet corn chips (50g) = 12g fat
- 1 x chocolate chip muesli bar (32g) = 4g
- 1 x naked nut bar = 10g
- 2 x toffee pop biscuits = 7g
- 1 x cookie time = 17g
- 1 x blueberry muffin (80g) = 14g
- 1 x crunchie bar = 9g
- 1 x bumper bar = 20g
- 25g nuts and raisins = 9g

#### Healthy Snack Ideas

- Arnotts snack right cookies and fruit slice biscuits
- Fruit digestive biscuits
- Sanitarium fruity-bix bars
- Special K bars
- Mother Earth fruit bars
- Uncle Toby fruit twists
- Plain popcorn
- Fruit - canned, dried or fresh
- Raw vegetables pieces/sticks
- Yogurt
- Fruit smoothies
- Milkshakes
- Pikelets
- Crumpets
- English muffins
- Fruit buns/fruit bread

## Bright Tip!

Choose snack foods with less than 5g fat per 100g.  
Fruit and vegetables also make a great, low fat snack.