

IDEAS OF DESKTOP AND DRAWER SNACKS

Below are some ideas of snacks which you could take into work and store in your desk

- Homemade plain popcorn with no added sugar or salt
- Wholewheat crackers
- Small Bagel
- A handful of dry wholegrain, reduced sugar breakfast cereal
- Pancake
- Bread sticks
- Rice cakes with low fat spreading cheese and cucumber
- Wholemeal pitta bread with salsa dip or reduced fat hummus
- Sachets of soup
- Small pack (25-30g) of nuts and seeds or nuts and dried fruit or dried fruit eg dates or apricots.
- Fruit – For example apple, banana, tangerines, strawberries, grapes, mango or pineapple chunks. Tinned fruits in natural fruit juice.
- (it is better to prepare some fruits in advance – for instance chop mango or pineapple into bite-sized chunks and take to work in small tub or food bag)
- Vegetables – For example carrot or celery batons, cherry tomatoes, cucumber chunks.
- Celery sticks filled with lower fat cream cheese.
- Fruit in sugar free jelly
- Small packet of pretzels
- Baked crisps
- Sachets of low calorie hot chocolate
- Mug of homemade soup

The best snacking strategy is to plan ahead and watch your portion sizes!!

