# Session 5 – Traffic Light Snack Code

Super Snacks

Choose these snacks most of the time. They are low in sugar and also low in fat.

- Fresh fruit e.g. apple, banana, oranges, plums, pears, peaches and grapes
- Raw vegetables, e.g. carrot, celery, cucumber, peppers, cherry tomatoes
- Bread, bread rolls, bread sticks, toast with low calorie spread, rice cakes
- Crackers, crisp bread, plain popcorn
- Low fat and low sugar yoghurt
- Glass of semi-skimmed milk
- Plain cereal, e.g. wheat biscuits, porridge
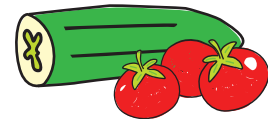
So So Snacks

These snacks can contain high amounts of fat and/or large amounts of sugar as well as salt. You can experiment with making healthier homemade versions of these snacks.
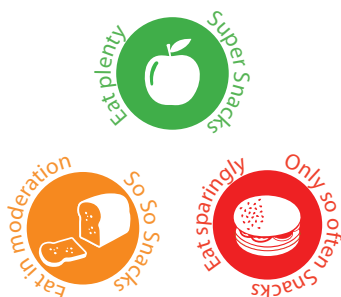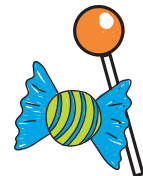
- Nuts, seeds and fruit mix, bombay mix
- Sandwiches, bagels
- Plain biscuits e.g. digestives, rich tea
- Plain or fruit scones, teacakes, crumpets, muffins and pancakes
- Snack size cheese portions e.g. soft cheese triangles, stringy cheese sticks
- Baked crisps, flavoured rice cakes, cheese dunkers, smoothies, fruit juice

Only So Often Snacks

These snacks contain large amounts of sugar and/or fat. Save these for the occasional treat.

- Sweets e.g. jellies, pastilles, fruit gums, liquorice, chews, boiled sweets, mints
- Chocolate, filled chocolate bars, chocolate eggs
- Chocolate covered biscuits
- Sweetened popcorn
- Cakes e.g. mini chocolate rolls, doughnuts, chocolate biscuits, fairy cakes, chocolate crispy cakes, flapjacks, gateaux, apple pies, jam tarts
- Crisps and other savoury snacks
- Ice cream, choc ices, ice lollies
- Fizzy drinks, sugar coated cereal
- Cereal bars can be a quick and easy snack; however, some cereal bars can contain a lot of fat and/or sugar. It is a good idea to look at the labels to find the best option.

Eat plenty — Super Snacks

Eat in moderation — So So Snacks

Eat sparingly — Only so often snacks

Did you know?

Snacks and drinks form part of our daily diet. It is best to choose from 'super snacks' most of the time. If you do lots of activity you can choose 'so so snacks' more often. Use this list to help you make healthier choices and keep your energy balance.