

Author lists top 10 snacks to help you lose weight

SNACKING is the secret to losing weight.

A new book called *Your Portion Perfection Healthy Snack Bible* lists the top 10 power snacks, according to author Amanda Clark.

1. Almonds (20g). Nuts are a good source of protein which can help you feel satisfied for longer.

2. Two punnets of strawberries (500g) are heart protective, anti cancer and anti-inflammatory.

3. Parmalat Vaalia Yoghurt (100g). Vaalia yoghurt is low GI and a good source of calcium.

4. Hommus, 33g with carrot and celery (50g of each). Hommus is a source of folate, iron and magnesium – carrot and celery are full of antioxidants.

5. Fontelle Fibre Fix Bars (30g). Fontelle bars provide 25 per cent of your dietary fibre requirements and a low GI and high fibre snack.

6. Tucker's Multifibre Snacks (25g) contain inulin, a type of soluble dietary fibre.

7. Piece of toast with tomato and herbs. Tomatoes are high in an antioxidant called Lycopene which

helps to protect against cancer.

8. Bulla Fruit 'n' Yoghurt 1 bar (59g) contains acidophilus and bifidus cultures for gut health.

9. Arnott's Choc Fruit Slice Biscuits 25g (2 biscuits). With the natural fibre of dried fruit, these biscuits are low GI, low in saturated fat and low in sodium.

10. Campbell's Velish Butternut Pumpkin Soup (250ml). Velish is a 98 per cent fat-free soup that is a source of fibre, with no artificial flavours, added preservatives or MSG.