



# Snack right

Stave off hunger with tasty, healthy snacks and keep your weight on track

**W**hen you're eating something delicious such as chocolate, trying to stop at one square can take serious willpower and self-control.

Tucking in to large portions is one of the most common reasons many of us gain weight.

So if you want to shift the extra kilos or even just maintain a healthy weight, it's important to educate yourself about how much you should consume.

And eating between meals plays a big part in weight loss too, so it's vital you ensure your snacking is on the right track.

'For ideal weight we should eat three snacks per day of 420kJ each,' says dietitian Amanda Clark, author of *Portion Perfection* (Great Ideas in Nutrition, \$34.95).

'And knowing your correct serving size can help you make more informed decisions about how much to eat, and keep you on track,' Amanda adds.

Below are Amanda's top picks for super snacking:

## Healthwise snacks

- 1 box sultanas
- 1 cup fresh fruit salad
- 100g yoghurt tub
- 10 dried apricots
- 1 sachet soup in a cup
- 14 cashews
- 1 Uncle Tobys Crunchy muesli bar
- 1 medium banana
- 33g hummus with carrot or celery sticks
- 1 Streets Paddlepop
- 2 Arnott's Vita-Weats with cheese

