







## Nutritious snacks

 <p><b>1 piece / handful of fresh fruit</b></p>	 <p><b>1 cup of milk</b></p>	 <p><b>1 cup fruit salad (canned or fresh)</b></p>	 <p><b>150 – 200g yoghurt</b></p>	 <p><b>1 egg</b></p>
 <p><b>2 Tb mixed nuts</b></p>	 <p><b>3 Tb hummus* with vegetable sticks</b></p>	 <p><b>Small tin of fish</b></p>	 <p><b>1 slice of bread / toast</b></p>	 <p><b>2 cups plain popcorn</b></p>
 <p><b>1 cup of soup</b></p>	 <p><b>2-3 wholegrain crackers &amp; topping</b></p>	 <p><b>Celery sticks with 3tsp peanut butter</b></p>	 <p><b>3 Tb mixed nuts &amp; dried fruit</b></p>	 <p><b>2 cups salad with 1-2 cubes feta*</b></p>
 <p><b>¾ cup roast chickpeas</b></p>	 <p><b>1 cup canned (drained) fruit</b></p>	 <p><b>100g edamame beans</b></p>	 <p><b>Bran &amp; fruit mini muffin</b></p>	 <p><b>½ corn cob</b></p>
 <p><b>1-2 fruit &amp; nut balls</b></p>	 <p><b>1 cup roast / baked broccoli</b></p>	 <p><b>½ cup bran flakes &amp; ½ cup milk</b></p>	 <p><b>Handful of cherry tomatoes</b></p>	 <p><b>Brown rice wafer, 2tsp nut butter &amp; banana</b></p>

 Good source of calcium
  Good source of protein
  High in fibre

\* To be safe in pregnancy: use homemade hummus without tahini or a homemade white bean-based dip.