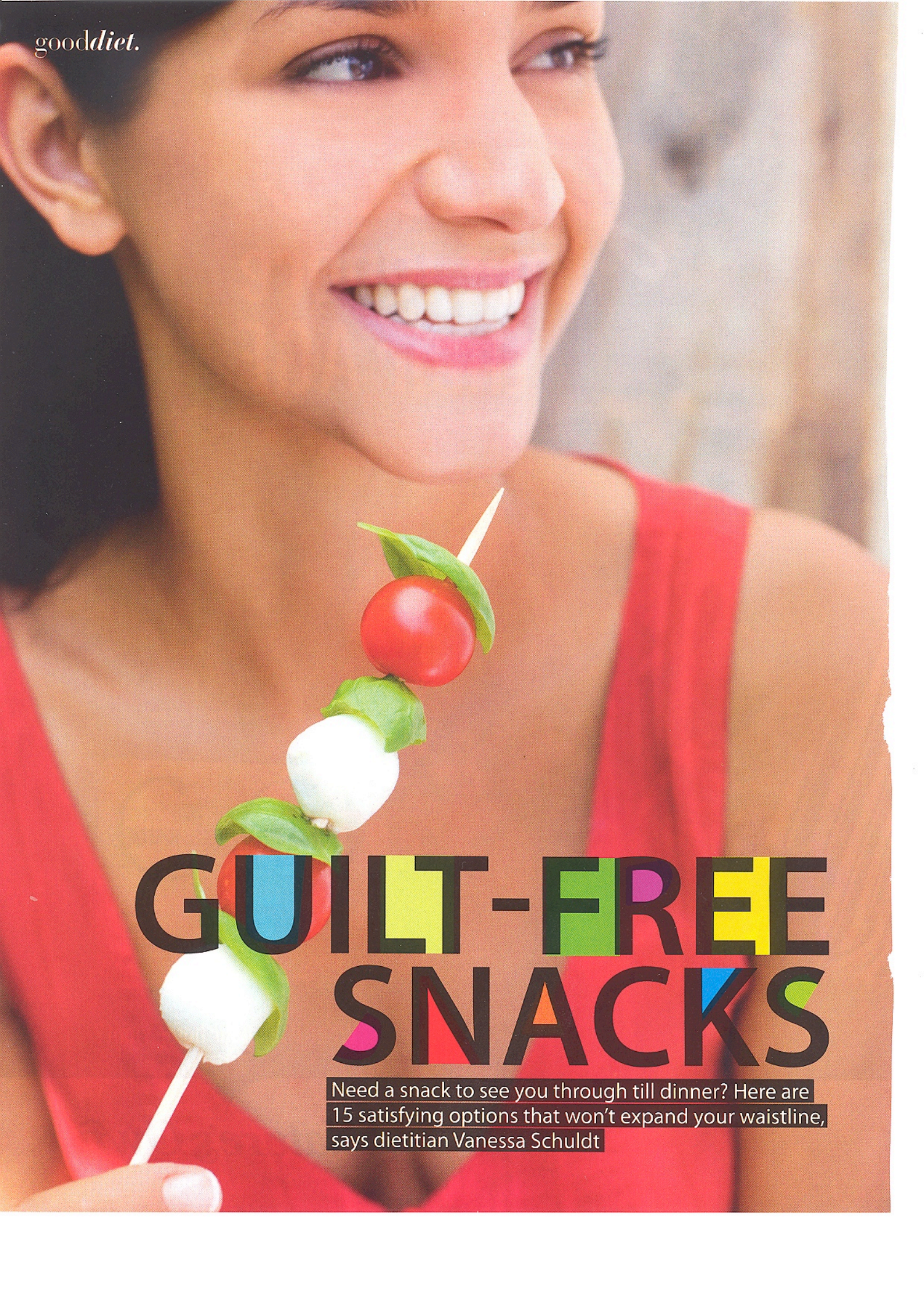


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# GUILT-FREE SNACKS

Need a snack to see you through till dinner? Here are 15 satisfying options that won't expand your waistline, says dietitian Vanessa Schuldt



**It's** a no-brainer that you need to slash kilojoules to lose weight. But that doesn't mean you need to cut out mid-meal snacks. In fact, if you go without snacks it can increase the likelihood of falling off the bandwagon. The key to mid-meal snack success is to fill up on lower-kilojoule snacks that satisfy your hunger. That means embracing snacks rich in fibre, protein and water, components that promote satiety, the feeling of fullness.

We've come up with 15 tasty mid-meal snacks that will fill you up. They contain less than 600kJ – the 'gold standard' limit for a snack. Bon appetit!



**3 EDGELL 3 BEANS & CORN + BALSAMIC VINEGAR** Per 150g serve: 533kJ, 6.5g protein, 10.4g fibre. With the convenience of a fork and a sachet of dressing, it's a fibre-loaded snack to slip in your bag and eat anywhere.




**4 JOHN WEST TUNA TO GO, TUNA DIP WITH WATER CRACKERS, SWEET CHILLI** Per 61g serve: 595kJ, 8.1g protein, fibre unknown. It's a protein-packed snack you can conveniently keep in your office drawer.



**6 Cool Pak Popcorn**  
(10 foil packs) Per 20g serve: 394kJ, 1.8g protein, 3.4g fibre. Popcorn has fibre-filling benefits without the burden of excess kilojoules.


When you gotta have it:  
**SAVOURY**



**1 EDAMAME**  
(fresh, salt-boiled soy beans in the pod) Per 100g (edible portion): 510kJ, 10.9g protein, 5.2g fibre. With a good source of protein and fibre, edamame is a satisfying snack. Find them in the frozen section of most Asian grocery stores.



**2 CAMPBELL'S COUNTRY LADLE MUG-SIZE MINISTRONE,** Per 290g serve: 470kJ, 5.9g protein, 4.3g fibre. This vegetable-based soup boasts water, protein and fibre, so it ticks all the right boxes for a filling snack.



**5 FINN CRISP ORIGINAL RYE CRISPBREAD TOPPED WITH COLES SIMPLY LESS LIGHT COTTAGE CHEESE WITH ONION & CHIVES** Per 2 crispbreads + 40g cottage cheese: 326kJ, 6.4g protein, 2.4g fibre. This tasty combo with the benefit of both protein and fibre will satisfy your tastebuds and squash those hunger pangs. This brand of cottage cheese has more protein and less fat than some others on the market.



**7 BLACK SWAN FARMER'S BEST BEETROOT TZATZIKI DIP WITH LIGHTLY STEAMED BROCCOLI** Per 40g dip + ¼ cup broccoli florets: 351kJ, 5.4g protein, 2.9g fibre in broccoli (fibre in dip unknown). Save those leftover steamed vegies for a fibre-boosting snack to enjoy between meals.



**8 PARTNER FOODS CHICKPEAS, LIGHTLY SALTED** Per 25g snack pack: 399kJ, 5.2g protein, 4.1g fibre. These crunchy snacks will also boost your legume intake.



**9 HEINZ SHREDS OF CHICKEN BREAST (TERIYAKI) WRAPPED IN A LETTUCE LEAF** Per 85g chicken breast + 1 large lettuce leaf: 376kJ, 11.8g protein, 0.2g fibre. This is another super snack for the office that offers plenty of protein. ▶







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### KELLOGG'S SULTANA BRAN BUDS

Per 30g serve: 420kJ, 2.6g protein, 4.7g fibre. Pop some in a zip-lock bag for a crunchy and satisfying high-fibre snack to enjoy anywhere.



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### SUN HEALTH FOODS PROTA PLUS APRICOT & ALMOND BAR

Per 40g serve: 498kJ, 10g protein, 6.2g fibre. The substantial protein and fibre content comes naturally from the dried apricot, almond and soy protein ingredients.



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### CHOBANI GREEK YOGHURT, FAT FREE STRAWBERRY

Per 170g serve: 551kJ, 12.8g protein, fibre unknown. It's thick and creamy, yet it contains negligible fat and twice the protein of regular yoghurt.



15

### FRESH PEAR (CHOPPED) MIXED THROUGH LOW-FAT VANILLA CUSTARD

Per 1 small pear & ¼ cup custard: 538kJ, 3.3g protein, 4.2g fibre. The combination of protein, fibre and water in this snack will work wonders to fill the void in your stomach.

## When you gotta have it: SWEET



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### NESTLÉ SOLEIL DIET PASSIONFRUIT YOGURT TOPPED WITH KELLOGG'S ALL-BRAN FIBRE TOPPERS

Per 150g yoghurt + 25g All-Bran Fibre Toppers: 562kJ, 9.6g protein, 11.1g fibre. With its hefty protein and fibre content, this snack is a match made in satiety heaven.

### 12 Blueberry and chia milkshake

Per 200ml skim milk + ¼ cup blueberries + ½ tablespoon ground chia seeds: 518kJ, 9g protein, 3.5g fibre.

Boasting protein and fibre, chia seeds make a super addition to smoothies, muffins and breads or sprinkled on cereal, salads and soups.



## Hunger pang

### BEATERS

Here's how protein, fibre and water help tame the appetite beast.

### PROTEIN

Protein triggers the release of certain satiety-signalling hormones that tell your brain the stomach is satisfied. Low-fat milk, yoghurt, eggs, fish, lean meats and legumes are all protein heroes to include as part of your main meals and mid-meal snacks.

### FIBRE

Soluble fibre, found in oats, barley, legumes, fruits and vegetables, forms a thick gel in the stomach. This slows the rate at which food leaves the stomach, thereby enhancing fullness.

Insoluble fibre, found in wholegrain foods, wheat/ rice bran, legumes, fruit and vegetable skins, nuts and seeds, has a bulking effect which gives a feeling of fullness.

### WATER

Foods with a high-water content, like vegetables, fruits such as berries and citrus fruits, and broth-based soups, extend the stomach and make us feel full. So drink a large glass of water before each snack and meal and enjoy plenty of water-dense foods each day. ☺