

## Healthy snack choices by Nutritionist, Melissa Cook



## Helpful store quick guide

## Woolworths-W Coles-C Aldi-A Health food store-H

Please enjoy these plain cracker biscuits in replacement of other crackers. Be creative in protein, vegetables, and healthy preservative free spreads like hommus you top these with.

**C W**Ryvita
Eat Rite
Ceres Organic brown rice cakes
Orgran quinoa

C
Brown Rice crackers











Swap crisps or chips for these.

**C W H**Cobs popcorn
Seaweed snack

**H** Boulder classic sea salt





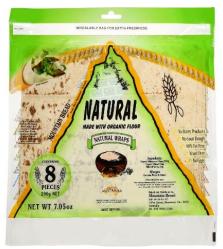


Healthy bread and wraps.

**C W** Rye wrap Natural wrap

**W** Bfree wrap H Organic rye bread Coconut wrap **C**Organic spelt/chia bread













Swap milk chocolate for dark chocolate (above 70% cacao).

C W H

All chocolates









Swap salted peanuts for raw (unsalted) Mixed Nuts.

## W Brazil nuts Natural almonds Macro mixed nuts Luxury nut mix

C Raw mixed nuts Omega seed mix













Swap muesli bars for these health bars.

**W** All bars









Swap processed cereals for these muesli cereals.

**W C** Carmans Uncle Tobys

Food Health muesli







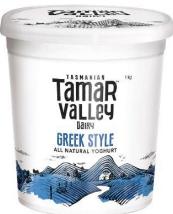


Swap fruit flavoured yoghurt for plain full fat greek yoghurt

WC Chobani Tamar Valley Jalna pot set

A Organic Brookwell Natural **H**Barambah Organics











Healthy preservative free dips

**W** SSS foods hommus Nuffin

H Syndian Hommus





