



# 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

**C**  
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

