



Healthy Workplace

Healthy snacks
reach for these instead of
sugar for a pick me up

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🌐 www.behealthyatwork.org

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Healthy snacks



■ Choose foods lower in fat, salt and sugars

Try to avoid:

- Sugary drinks
- Crisps, sweets, cake, biscuits and chocolate

Carbohydrates

- Breadsticks
- Corn crackers
- Crackerbread
- Crackers
- Oatcakes
- Plain popcorn
- Plain rice cakes
- Rye crackers
- Toasted crumpet, English muffin or bagel

Protein

- Hard boiled egg
- Houmous
- Mini omelette
- Mixed seeds/nuts
- Peanut or nut butter
- Salmon, tuna or sardines
- Slices of lean meat
- Tofu/Quorn

Dairy and alternatives

- Fortified soya yoghurt
- Low fat cheese
- Mini Babybel light
- Low fat cottage cheese
- Low fat fromage frais
- Low fat greek yoghurt
- Low fat natural yoghurt
- Low fat rice pudding
- Low fat soft cream cheese

Fruit and vegetables

- Apple
- Avacado
- Baby sweetcorn
- Banana
- Blackberries
- Blueberries
- Carrot sticks
- Celery sticks
- Cherry tomatoes
- Cucumber sticks
- Dried fruit
- Fresh fruit salad
- Grapes
- Guacamole
- Kiwi fruit
- Mange tout
- Mango, melon or pineapple
- Nectarine, plum or pear
- Olives
- Orange, satsuma or clementine
- Pepper sticks
- Raisins/sultanas
- Raspberries
- Raw / steamed broccoli or cauliflower
- Strawberries
- Sugar snap peas
- Tinned fruit in natural juice
- Tomato salsa