

# Healthier Snacks: For the Savoury Tongue

Snacks can make or break your day.  
**Small changes** such as choosing healthier  
alternatives can make a **big difference**.



**56**

PERCENT

Chips and tortilla/corn chips are by far the most popular savoury snack in the US, accounting for 56 percent of snack sales in 2010.<sup>1</sup>

# Healthier snacks: for the savoury tongue

It might be mid morning, late afternoon or if you work irregular hours - sometime in the very early morning. Whatever the time of day (or night), all of us tend to get into a 'snacking' mood at some point in the day. Problem is - we're all too likely to choose something laden with fat, sugar or salt to help get us to our next main meal.

But the key to snacking is to choose wisely. To avoid introducing unnecessary energy (kilojoules) and at the same time, being able to opt for something that is going to help keep us full until the main event arrives. If you're not peckish - it is definitely okay to skip the snacking.

Snacking definitely doesn't suit everyone!

For those 'snackers' out there, especially those with a **savoury tongue**, we are pleased to present 25 different savoury snack ideas to help get you through the mid morning, late afternoon, early morning or midnight grumble.

The snacks presented here, are categorised as either 'green' or 'amber', according to the following definitions:



## Green items:

Greater nutrient value and are low in saturated fat, added sugar and salt. Examples include fruits and vegetables, lean meats, low fat dairy products, wholegrains, eggs and legumes.



## Amber items:

Some nutritional value but contain moderate amounts of saturated fat, added sugar and/or salt and can contribute to excess energy intake. Examples include low-sugar drinks, full-fat dairy products and white varieties of breads and cereals.



## Red items:

Limited nutritional value, are energy dense - high in saturated fat, sugar and salt. For this reason, red foods have not been included in this guide. Examples include sweet biscuits, confectionery, sugar sweetened drinks and deep fried foods.

More information on these food and drink categories can be found in the [Healthier Food and Drink Guide](#)

We hope this list inspires a couple of new snack ideas for you.

For those seasoned snack veterans out there, should you have a snack idea that you would like to share, please email [hchf@education.wa.gov.au](mailto:hchf@education.wa.gov.au)

Product		Quantity	Categorisation
Almonds		15 almonds, unsalted	Green
Beans 'to go'		Four bean mix snack pack with dressing sachet	Green
Beans on toast		½ can reduced salt baked beans (110g) with 1 slice wholegrain toast	Green
Cheese and crackers		1 x 30g snack pack with crackers and reduced fat cheese	Green
Cheese on toast		1 slice wholegrain bread with 1 thin slice of reduced fat cheese (20g) and 1 tsp tomato paste	Green
Cherry tomatoes		1 cup or 12 cherry tomatoes	Green
Crackers with cream cheese and smoked salmon		2 pieces of smoked salmon (12g) with 1 tbsp reduced fat cream cheese on 2 plain crackers	Green
Dip and crackers		4 tbsp of tzatziki dip with 4 water crackers	Green
Egg with low fat mayo on a cracker		1 boiled egg mixed with 1 tbsp reduced fat mayonnaise on 2 plain crackers	Green
Flavoured tuna		½ can (47.5g) of flavoured tuna	Amber
Gherkin and cheese on crackers		2 x gherkins (50g) with 1 slice reduced fat cheddar cheese (21g)	Green
Crackers with flavoured cream cheese		2 tbsp (40g) reduced fat cream cheese on 2 plain crackers	Green
Olives		10 medium sized olives drained	Amber
Pizza muffin		½ English muffin, 1 tbsp cheese and 1 tsp tomato sauce	Green

Product		Quantity	Categorisation
Poached egg on toast		1 poached egg on 1 slice wholegrain toast	Green
Popcorn		1 cup plain, air popped popcorn	Green
Pretzels		1 cup pretzels	Amber
Rice crackers		14 plain rice crackers	Green
Spaghetti (tinned) on toast		1 small can reduced salt spaghetti (130g) on 1 slice wholegrain toast	Green
Sushi		2 pieces of sushi	Green
Toasted pita with tomato salsa		½ pita bread, toasted with ¼ cup tomato salsa for dipping	Green
Tuna and crackers		½ can tuna with 5 water crackers or a pre-packaged snack pack	Green
Vegetable sticks with dip		1 cup of vegetable sticks with ½ cup of tomato salsa	Green
Wasabi peas		¼ cup (30g) wasabi peas	Amber
Wheat biscuit		2 wheat biscuits with ½ tsp margarine and a thin scraping of Vegemite	Amber