

# Snacks

## Higher protein/fibre options:

¼ cup  
4g protein  
3g fibre



**Roasted chickpeas**

Recipe: [click here](#)

¼ cup  
6g protein  
3g fibre



**Edamame beans**

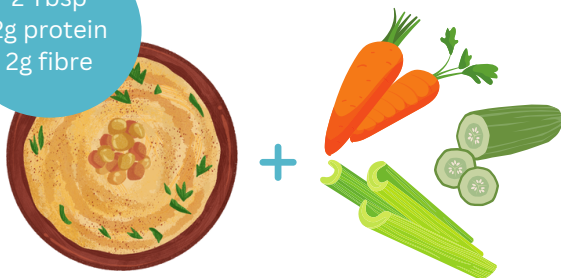
6-7g  
protein  
2g fibre



**Handful of nuts and seeds**

**Tip:** Have a mixed selection to increase types of fibre

2 Tbsp  
2g protein  
2g fibre



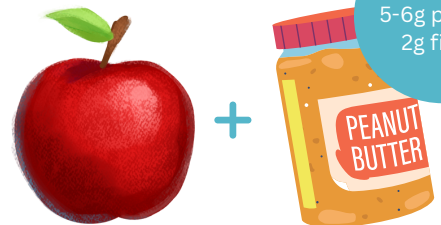
**Hummus and vegetables**

8g protein



**Boiled eggs**

1 tbsp:  
5-6g protein  
2g fibre



**Apple slices with nut butter**

¼ cup  
Higher  
protein:  
5-6g



**Yoghurt**

e.g ½ cup  
frozen  
blueberries  
3g fibre



**Fruit**

1 Tbsp  
3g protein  
5g fibre



**Seeds**

**Tip:** Have a mixed selection to increase types of fibre

# Snack toppings

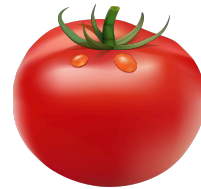
Mix and match:



Grainy crackers



Tuna



Tomatoes



Corn thins

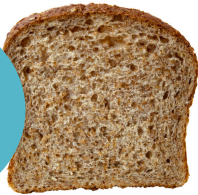


Low-fat cheese



Tomatoes

Aim for fibre  
to be  
>6g/100g



Wholegrain bread



Avocado



Sesame seeds



Corn thins



Peanut butter



Banana

Aim for higher fibre  
crackers. Look for  
keywords:  
wholegrains,  
nuts/seeds, oat



Grainy crackers



Hummus



Tomatoes