

Healthy Snack Options for Busy Women

Healthy snacking maintains energy and mood throughout the day, provides essential nutrients and keeps you feeling full.



Fruits and Vegetables

High in vitamins, minerals, and fibre.

- Apple slices with almond butter
- Carrot sticks with hummus
- Berries - Raspberries, blackberries, blueberries, strawberries



Whole Grains

Provides sustained energy and fibre.

- Whole grain crackers & cheese
- Overnight Oats - Snack Size
- Homemade Popcorn



Protein-Packed

Supports muscle repair and satiety.

- Greek yoghurt & raspberries
- Hard-boiled eggs/Egg whites
- Mixed nuts
- Balanced Smoothies



Healthy Fats

Essential for brain health, heart health and hormone health.

- Avocado toast
- Nuts and seeds
- Trail Mix
- Pumpkin seeds

Tips for Smart Snacking

- ✓ **Portion Control:** Pre-portion snacks to avoid overeating.
- ✓ **Balanced Snacks:** Aim for a mix of macronutrients (carbs, protein, fats) in each snack.
- ✓ **Preparation:** Prep snacks in advance to make healthy choices accessible.