

School staff have a busy and demanding role that doesn't end when the final school bell rings for the day. Maintaining a healthy diet with regular meals and snacks can help maximise your stamina and concentration levels. Eating for health can be quicker and easier than you think with a bit of planning and preparation.

Feel like a snack?

Nutritious snacks can play an important role in contributing to a healthy diet. A healthy snack can keep your energy levels constant between meals and help you meet your daily nutrient needs. Often, a small snack between meals can prevent you from getting too hungry which can lead to overeating at your next meal.

What types of snacks should I be eating?

Aim to eat snacks that help meet your nutrient needs for the day. Have a snack that satisfies your hunger without being high in kilojoules/calories, fat, salt and sugar. Most snacks should consist of nutrient-dense foods like fruit, vegetables, wholegrains, reduced fat dairy and nuts or seeds.

Try these quick and easy snack ideas



Avocado is a rich source of healthy fats. Choose wholemeal, multigrain or rye bread as these are higher in fibre with a lower GI than other breads.



Choose low fat dips such as cottage cheese, hummus, tomato salsa, and tzatziki. Avoid creamy dips like french onion or cheese and chives.



Having a serve of fruit for morning or afternoon tea can help you get the recommended 2 serves of fruit a day.



Tinned fish such as tuna or salmon makes a healthy snack whether on its own or with wholegrain crackers. Choose fish in springwater with no added salt.



A thin slice of fruit toast can be a healthy sweet snack that contains fibre and natural sugars from the dried fruit. Enjoy it alone or with a small scrape of margarine, ricotta or low fat cream cheese.



Low fat yoghurt is a filling snack and a good source of protein and calcium. Choose a variety with no added sugar.

Not all snacks are created equal!

Sometimes, you might need a quick convenient snack and opt for a packaged product.

In these situations take a look at the nutrition panel and ingredients list to help determine if it's a healthy choice.

Look for snacks that have:

- Less than 1.5 grams of saturated fat per 100g
- At least 3 grams or more of fibre per serve
- Less than 200mg of sodium per 100g
- Mainly whole food ingredients with few additives

Most packaged products come in larger serving sizes than we need. A good guide is to keep your serve to less than 600kj.

Please note: Images are used as visual examples and are not meant to portray recommended portion sizes. Portion sizes should be based on your individual dietary needs.