

# What makes a better snack?

## Snack tember

**MORE!**

vegetables and fruit for **vitamins and minerals**

**MORE!**

wholegrains, beans and pulses for **fibre**

**LESS!**

saturated fat, salt and sugars for **better health**

THAT'S A LOT!  
HOW DO I DO IT ALL?



ONE BITE AT A TIME!  
LOOK, I'LL SHOW YOU...



### EXPLORE

... more vegetable snack options!

Try some raw vegetables such as cauliflower, peppers or sugar snap peas.

### TRY

... a wholegrain version of one of your snacks!

Have wholemeal bread for toast or a sandwich.

### MAKE

... your own better version of a snack.

Have a go at making Pizza muffins or Homemade popcorn.



Take a look at these recipes!

[www.nutrition.org.uk/snack-tember-2025](http://www.nutrition.org.uk/snack-tember-2025)

Better snacking. One bite at a time.

© British Nutrition Foundation 2025