

GRABBING A SNACK?

THINK ABOUT WHAT'S REALLY ON THE MENU...



SAUSAGE ROLL



CHIKO ROLL



HOT CHIPS



CHOCOLATE



GLAZED DONUT



BISCUIT



MUFFIN



CRISPS



SOFT DRINK

Junk food snacks are high in sugar, saturated fat and/or salt.
Find out how it all adds up at [liveline.com.au/JunkFood/Calculator](https://www.liveline.com.au/JunkFood/Calculator)

Be prepared.

Make your next snack a healthy one.



1 glass of plain low-fat milk



1 tub of low-fat yoghurt



Veggie sticks with
1 tablespoon of hummus



One medium piece or two small pieces of fruit



3 cups plain popcorn



2 wholegrain crackers with
cheese and/or tomato



A small handful of
plain unsalted nuts



A slice of fruit bread

Partner:



Government of Western Australia
Department of Health

