

GRABBING A SNACK?

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



SAUSAGE ROLL



INSTANT NOODLES



HOT CHIPS



CHOCOLATE



CORDIAL



BISCUIT



FRIED CHICKEN



CRISPS



SOFT DRINK

Junk food snacks are high in sugar, saturated fat and/or salt.
Find out how it all adds up at livelighter.com.au/JunkFood/Calculator

Make your next snack a deadly one.

Start with these quick and easy options:



1 glass of plain low-fat milk



1 cup of low-fat yoghurt



Veggie sticks and hummus



One medium sized fruit



Half a tin of baked beans



Tinned tuna



2 boiled eggs



Half a cheese and/or tomato sandwich on brown bread



Plain damper with cream cheese

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