



SWIMBIKERUN

Top 10 Healthy Snacks

1. Snack on a punnet of strawberries, chilled grapes or cut up orange quarters frozen over night for a cool refreshing treat. Fresh fruit is best.
2. Thread fruit pieces onto skewers (grapes, banana, kiwi, pineapple) and serve with a pea nut butter dip: mix Greek yoghurt, peanut butter and a little honey into a smooth dip.
3. Get creative with veggie sticks: cut up carrot, cucumber, celery, snow peas, beans, and broccoli and serve as dippers with hummus, salsa or tzatziki dips.
4. Mix up a variety of nuts and enjoy a handful (30g) with some dried fruit.
5. Choose a high fibre cracker and top with cheese, flavoured tuna or tomato and avocado.
6. Low fat, low added sugar dairy snacks such as yoghurt or milk drinks are a great 'FUEL' when you are active.
7. The best snack options are those high in fibre or wholegrains such as some muesli bars and dairy-based snacks. Look for snacks that, per serve, contain less than 600kj, 3-5g protein and contain wholegrains or calcium and are low GI.
8. Choose wholegrain bread, English muffins or crumpets and top with tomato paste, shaved ham and cheese; banana and honey or baked beans and grill for a warm snack.
9. Whiz up a fruit smoothie of milk and yoghurt, frozen berries or banana with a squeeze of honey.
10. Serve up a small tuna, chicken or vegetarian sushi roll.



SCHOOLS TRIATHLON CHALLENGE

