

My Top Afternoon Snacks to get you through to Dinner

Chobani Yoghurt 170g tub + 1 tb LSA Mix (Linseed Sunflower Almond)

Kilojoules (Energy)	Carbohydrates	Fat	Protein	Bonus
717 kJ	8.5g	6g	19.1g	220 mg Calcium (26% RDI)



Small Take-away Skim Latte + Carmans Muesli Bar

Kilojoules (Energy)	Carbohydrates	Fat	Protein	Bonus
1068 kJ	30g	9g	10g	3g Fibre (12% RDI)



2 Ryvita Multi Grain Crackers + 2 tb low fat Ricotta + Sliced Tomato

Kilojoules (Energy)	Carbohydrates	Fat	Protein	Bonus
530 kJ	15g	3g	7g	1/5 Serves of Veg for the day



1 Cup Veg Minestrone Soup + 1 Slice Mixed Grain Bread

Kilojoules (Energy)	Carbohydrates	Fat	Protein	Bonus
995 kJ	30g	5g	12g	12g Fibre (40% RDI) 1/5 Serves of Veg for the day

