



## Snacks and Meals

<b>Bad Choice</b>	<b>Better Choice</b>	<b>Best Choice</b>
Dried fruit	Fresh fruit	Organic fruit
Waxed apples (really shiny apples you see at the supermarket)	Unwaxed apples	Organic apples
White sugar	Brown sugar	Manuka honey
Biscuits	Piece of fruit	Fruit and nuts
Low-fat yogurt	Organic low fat yogurt	Organic low fat yogurt with fruit and nuts
Runny honey	Set honey	Manuka honey
Shop-bought cake	Fresh cake from a baker	Homemade cake, made with fruit as the sweetener and no white sugar
Biscuits	Oatcakes with nut butter	Rice cakes with turkey or smoked salmon and avocado (the perfect blend of proteins, carbs and good fats)
Croissant (zero fibre and soaked in bad fats)	Muffin from a health food shop	Raw vegetables with a little organic hummus
Milk chocolate	Dark chocolate	Organic dark chocolate with nuts
Pre-made sandwich from shop made with white bread	Rye bread sandwich	One slice of rye bread with extra sandwich filling (tuna, chicken or meat)
Jam	Honey	Organic raw nut butter, e.g, hazel, cashew, peanut
Cereal bars	Banana	Banana and a handful of nuts

Stewed fruit	Peeled fruit	Whole organic fruit
Burger and fries	Burger meat with salad	Beef stir-fry with loads of vegetables
Lamb korma	Lamb stew	Stir-fried lamb with vegetables
Sausage rolls	Lamb or chicken kebab with salad	Lamb or chicken with salad
Ice cream	Fruit sorbet	Platter of fruit
Flavoured yogurt	Organic flavoured yogurt	Organic natural yogurt with nuts
Chicken nuggets	BBQ chicken and salad	Grilled free-range chicken and salad
Crackers with packaged pâté	Crackers with freshly made deli pâté	Peppers with hummus and olives