



Healthy Snacks

Sugary snacks can often cause a quick spike in energy, followed by a crash limiting the long-term productivity for the day. Snacking on foods that have nutrients, protein and antioxidants can prevent an energy slump and boost brain power and focus.

Avoid Eating:

- Biscuits with a cup of tea.
- Chocolate bars for a sugar fix.
- Snacking on junk food while working.



- Trail mix (nuts, seed, dark chocolate chips).
- Raw vegetables and dip (hummus/yoghurt based dips).
- A Boiled egg.
- Rice cakes with peanut butter or ricotta and sliced tomato.
- Natural yoghurt (add berries).
- Sliced apple with nut butter.
- A piece of fruit- banana, apple, pear.
- Mix a small amount mayo, tuna, lemon juice and S&P. Place on top of halved cucumber, avo or celery.



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