



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

G.I. SNACKS

If you need some low calorie, low G.I. snacks between meals – here are 50 ideas to keep you satisfied without putting on weight.

AROUND 50 KCAL (210 KJ)

- 1 apple, orange, pear or other medium fruit
- 175 g small fruits, such as berries or cherries
- 3 satsuma's, kiwis or apricots
- 150 g very low fat fruit yogurt
- 3tbsp of salsa with 3 celery sticks for dipping
- 1 oatcake topped with 1 tsp of low sugar jam
- 15 olives
- 200 ml of carrot juice
- 150 ml of skimmed milk or 100 ml of soya milk
- 5 almonds
- Vegetable plate with 200 g of celery, carrots, cucumber and cherry tomatoes
- 75 g of strawberries with 1 tsp of reduced-fat cream
- 2 slices of lean ham, one tomato and a little mustard
- Prawn cocktail of 50 g of prawns in ½ tsp of low-fat cocktail sauce, served on iceberg lettuce
- 1 rye crisp bread topped with 1 low-fat cheese triangle
- 25 g of dried apricots

AROUND 150KCAL (630 KJ)

- 1 slice of granary, soya or barley bread with mashed banana
- 1 wholemeal tortilla wrap spread with mustard and filled with 25 g of lean ham and 1 tomato
- 2 rye crisp breads spread with 50 g of low-fat cream cheese topped with 25 g of berries or 1 tsp of low-sugar jam
- 1 slice of toast topped with 75 g of canned baked beans
- 50 g of vegetarian pate with crudité's made from 2 carrots
- ½ avocado filled with 2tbsp of salsa or 25 g of prawns
- 25 g of noodle-shaped bran cereal topped with 150 ml of skimmed milk and 25 g of berries
- 40 g low-fat Edam cheese and 50 g of grapes

Working towards better health

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4 chicken gorgons
25 g peanuts, cashews or pistachios
10 olives and 6 salted almonds
25 g of plain, white or milk chocolate
25 g of chocolate covered peanuts
Smoothie made from 200 ml of soya milk, ½ banana and 50 g strawberries
1 slice of thin-crust vegetarian pizza
1 boiled egg and 2 rye crisp breads spread with 1 tsp of yeast extract
4 falafel balls with 2 tsp of tzatziki
25 g of Parma ham with 100 g cantaloupe melon

AROUND 100KCAL (420 KJ)

½ apple topped with 1 tsp of peanut butter
½ pear topped with 1 tsp of chocolate spread
2 rye crisp breads topped with 25 g of low-fat hummus or 75 g of tzatziki
1 slice of granary, soya or barley bread topped with 25 g of tuna in spring water, or cottage cheese with pineapple
75 g of shredded chicken or crabsticks mixed with 1 tsp of salad cream and ½ sliced green pepper
½ mango topped with 50 g of cottage cheese
300 g can of slimmer's tomato or vegetable soup
1 slice of fruit bread, toasted topped with ½ tsp of low-fat spread
25 g of plain sponge cake
50 g of low-fat vanilla ice cream
50 g of low-fat hummus or 175 g of tzatziki with crudités made from 75 g of cucumber
5 brazil nuts
4 celery sticks spread with 50 g of low-fat cream cheese
1 tbsp of sunflower or pumpkin seeds
50 g fromage frais with 2 tsp of muesli stirred in

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