



Putting together a varied snack

Something colorful such as:

- Cucumber, tomato, sweet pepper
- A carrot
- A fruit
- Some berries
- A smoothie made from frozen pieces of fruit
- Shop-bought fruit puree
- A glass of fruit juice



Something containing fibre such as:

- Whole grain bread, crispbread, rye crispbread
- Whole grain muesli or cereal
 - Fibre ≥ 6 g/100 g
 - Sugar ≤ 15 g/100 g
- A whole grain snack bar
- Porridge, overnight oats, breakfast cereal or bran mixed in a smoothie, for example



Something high in protein such as:

- Milk, buttermilk, yoghurt, quark, cottage cheese
- A soy drink or soy-based yoghurt
- Hummus, tofu, cheese, cold cuts or egg on bread



The snack may also contain the following:

- Vegetable oil spread
- Nuts or seeds (unsweetened and unsalted)
- A seed or nut spread
- Avocado



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