Snack Smart

Tracking calories helps to maintain a healthy weight, balancing the energy we put in with the energy we expend every day.

Your daily calorie for weight loss: Women 1,400kcal/ Men 1,900kcal. This may vary dependant on your height, weight and physical activity levels.

To find out your personal daily calorie target go to **www.upandactive.co.uk/weight-management/ and click on the NHS weight loss guide**

Calories can add up quickly especially if we are reaching for foods high in fat and sugar, planning a rough calorie breakdown for each meal can help you stay on track with your snacks:

Breakfast: 20%
Lunch: 30%
Evening meal: 30%
Drinks and Snacks: 20% (280kcals for women on 1,400kcal/day & 380kcals for men on 1,900kcal/day)

TIPS OF THE WEEK

CHEESE & TOMATO TOASTIE 93KCALS

- 1 wholegrain crispbread: 39kcals
- 15g grated 30% less fat mature cheese: 47kcals
- 40g tomato: 7kcals
- Optional spring onion

STRAWBERRIES & CREAM 92KCALS

- 110g strawberries; 30kcals
- 30g half-fat crème fraiche: 62kcals

APPLE AND PEANUT BUTTER 96KCALS

- 50g sliced apple: 26kcals
- 12g (1 teaspoon) peanut butter: 70kcals
- Optional sprinkle of cinnamon

BAKED BEANS ON TOAST 99KCALS

- 22g slice bread (wholegrain/ wholemeal): 48kcals
- 60g baked beans: 51kcals
- Optional sprinkling of chives

BANANA MILKSHAKE 98KCALS

- 100ml semi-skimmed milk: 46kcals
- 55g very ripe banana: 52kcals
- Optional sprinkle of cinnamon

HOMEMADE POPCORN 89KCALS

- 20g popping corn: 62kcals
- 3g (1 teaspoon) oil: 27kcals
- Optional sprinkling chilli powder or Worcestershire sauce

Check out more healthy recipes & snacks - through the NHS recipe finder upandactive.co.uk

Did you know!

- **Mayonnaises:** Can turn a healthy meal option in to a high calorie one, if you have don't forget to count it!: One tablespoon =100kcals
- **Oil:** No matter which oil you use don't forget to count it within your allowance: One tablespoon = 100kcals
- **Cheese:** The harder the cheese the high fat content: Match box size (30g) of cheddar cheese = 100kcals.
- **Sugar:** Can seriously hamper your weight loss, try reduce the amount of sugar you add to foods and drinks throughout the day: Four heaped teaspoons = 100kcals