



Top tips

for healthy holiday snacking



1

Try a new snack recipe with loved ones, to make healthy foods fun

2

Know your portion sizes – check out our guide below

3

Treat yourself, but remember it's all about balance

4

Make smart swaps where you can, i.e. chocolate pudding pots to sugar-free jelly.



Healthy festive snack ideas



Maple and
cinnamon
popcorn



Avocado
and pitta
Christmas
trees



Snowmen
on a stick



Reindeer
cracker
snack



Know your portion sizes



Food	How much?
Mini mince pies	1 small
Gingerbread man	1 small-sized biscuit
Quality Street chocolate	2 chocolates
Candy canes	1 cane
Chocolate brownies	1 x 2 inch square (60g)

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