



Snack ideas for active people

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<p>Active people need the right fuel to stay energised, strong, and healthy. Nutritious snacks provide essential nutrients to support growing bodies and keep young people performing their best during sports, and school activities.</p> <p>Quick and easy snack ideas include:</p> <ul style="list-style-type: none">✓ Peanut butter & banana on whole grain toast.✓ Cheese and whole-wheat crackers.✓ Yogurt with granola and berries.✓ Hummus with carrot sticks.✓ Handful of dried fruit, nuts and whole-grain cereal.✓ Smoothies with milk, fruit, and spinach. ✓ Fresh fruit (frozen or dried are also a great option)✓ Popcorn (plain, air popped)	  <p>Snack ideas for active people</p> 