

'Best to worst' snacks



Green snacks

These three foods are the best snack options because they are rich in nutrients and low in fat. Dried apricots are higher in calories per gram than bananas, which is why they are ranked second. Low-fat yoghurt may have added sugar which is why it is ranked third.

Banana	Dried apricots	Low-fat yoghurt
Position: 1.1	Position: 1.2	Position: 1.3
+ Rich in nutrients and low in fat	+ Rich in nutrients and low in fat – Higher in calories than fresh fruit	– Might have added sugar

Amber snacks

These four snacks are not as good as the green snacks but better than the red snacks.

Unsalted nuts	Currant bun	Gherkin	Cheddar cheese
Position: 2.1	Position: 2.1	Position: 2.2	Position: 2.3
+ Contain unsaturated fat	+ Source of low-fat, starchy carbohydrate	+ Low in fat and contains fibre. + Low in calories. – High in salt	+ Contains calcium and protein – High in saturated fat

Red snacks

These three foods are the worst snack options as they are high in fat, salt and sugar.

Vegetable samosa	Crisps	Ginger cake
Position: 3.1	Position: 3.1	Position: 3.1
– High in fat	– High in fat – High in salt	– High in fat – High in sugar