DERVAL.ie
Run your life

SNACKS GUIDE

How Often?
2 - 3 times a day

When?
Between breakfast & lunch, lunch & dinner & post dinner

Shop bought Grab'n'Go' snack guide:

Naked bars
Raw fruit and nut bars
Pip & Nut butter - 30g sachets
Oatcakes
Nuts & seeds - 30g sachets
Good 4 U snack packs
2 pack rice cakes
Piece of fruit
Wyldson trail mixes
Small dark chocolate bars - 70% + cocoa
Small smoothie carton e.g. Innocent smoothies
Small bag of popcorn

YOUR SNACK LIST

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