









High-fibre snacks on the go.

A practical guide for choosing fibre-rich snacks when you're busy, travelling, or relying on supermarkets, cafés, and service stations. Snacks built around fruit, nuts, seeds, wholegrains, and legumes make it much easier to reach the recommended 25–30 g of fibre per day.

WHAT TO LOOK FOR

- ✓ Fruit or vegetables as the starting point.
- ✓ Snacks with less reliance on refined flour and added sugar.
- ✓ Wholegrain, rye, oats, seeds, nuts, beans, lentils, or chickpeas in the ingredients list.
- ✓ Two plant foods together, such as fruit plus nuts, or crackers plus hummus.

BETTER SNACK CHOICES

<p>1</p>  <p>SUPERMARKET OR SERVO Apple, banana, pear, or kiwifruit plus a small handful of nuts.</p> <p>Fruit and nuts combine fibre with lasting fullness and are easy to carry.</p>	<p>2</p>  <p>CAFÉ Yoghurt with muesli or oats and fruit.</p> <p>Oats, nuts, seeds, and fruit add useful fibre to a simple snack.</p>	<p>3</p>  <p>LUNCH BAR OR DELI Carrot sticks, cherry tomatoes, or cut veg with hummus.</p> <p>Vegetables plus chickpea-based dip increase fibre more than crackers or cheese alone.</p>	<p>4</p>  <p>PANTRY / SNACK AISLE Rye crispbreads or wholegrain crackers with hummus, nut butter, or cheese.</p> <p>Wholegrain and rye crackers offer more fibre than plain refined crackers.</p>
<p>5</p>  <p>SNACK SHELF Nut and seed bar with oats and dried fruit.</p> <p>Bars based on nuts, seeds, oats, and fruit are usually better fibre choices than confectionery-style bars.</p>	<p>6</p>  <p>CONVENIENCE STOP Small bag of popcorn.</p> <p>Popcorn is a wholegrain snack and can provide more fibre than chips.</p>	<p>7</p>  <p>PROTEIN / SNACK SECTION Roasted chickpeas, broad beans, or edamame.</p> <p>Legume snacks are naturally high in fibre and more filling than many processed snacks.</p>	<p>8</p>  <p>GRAB-AND-GO SHELF Trail mix with dried fruit, nuts, and seeds.</p> <p>Dried fruit and nuts together create a compact snack with concentrated fibre.</p>

EASY SWAPS

✗ Chips	→	✓ Popcorn or nuts
✗ Chocolate bar	→	✓ Nut-and-seed bar with oats and dried fruit
✗ Plain biscuits	→	✓ Wholegrain crackers with hummus or nut butter
✗ Sweet muffin	→	✓ Yoghurt plus fruit and muesli
✗ Nothing fresh	→	✓ Add one piece of fruit to whatever snack you buy

2 Aim for a snack with **2 fibre signals**: a **fruit or vegetable**, and a **wholegrain, nut, seed, or legume food**. That simple formula helps busy people build fibre steadily across the day without needing perfect meals.