

Healthy snack attack

Curb unhealthy cravings with a nutritious and delicious snack

1 9BAR

Wholebake Food's 9Bar is a nutritious natural energy bar crammed with the superfood goodness of seeds. 9Bar is also high in protein, free from gluten, dairy, artificial stuff and trans fats, and is endorsed by the Vegetarian Society. Most importantly, it's delicious. Visit 9-bar.co.uk.

2 PANDA ALL NATURAL RASPBERRY BAR

Panda Raspberry licorice bars are made with delicious real raspberries. They're free from all 'nasties' and made with natural ingredients. The bars are also fat-free, making them a guilt-free, tasty indulgence, and vegetarian and vegan friendly. Visit landoflicorice.co.uk.

3 ATHLETEQ FIGURE

EQ Nutrition is redefining female sports nutrition with this product, perfect for health-conscious women. With soya protein to tone and freeze-dried berries to provide antioxidants, taste and goodness, including prebiotics to aid digestion, it can accelerate you to your desired figure. Suitable for vegetarians. Visit eqnutrition.com or protein-drink.co.uk.

4 VITABIOTICS WELLWOMAN LOW CALORIE DRINK

Wellwoman Low Calorie drink is the UK's only drink formulated just for women. It's ideal for women with demanding lifestyles who are looking for an alternative to high-caffeine drinks. Visit vitabiotics.co.uk.

5 COMVITA MANUKA HONEY BAR

Packed with natural ingredients, this convenient nutritional bar has the added benefit of UMF®5+ Manuka honey. It's gluten- and dairy-free with no added salt, and will keep you feeling fuller for longer. Available from Holland & Barrett, leading health food stores and comvita.co.uk.



6 TOTAL GREEK YOGHURT

Total 0% split pots combine fat-free Greek yoghurt with a natural fruit compote (blueberry, strawberry or tropical fruits) or honey, and amazing taste. Total 0% Greek Yoghurt is high in protein, low in calories and 100 per cent natural, with no artificial sweeteners or additives. Visit totalgreekyoghurt.com.

7 EQ NUTRITION CASHEW NUT BUTTER

Made from pure ground cashews, this is packed with healthy monounsaturated and polyunsaturated fats. The fibre, protein and good fats work perfectly for those wanting to control appetite while still enjoying the taste. Visit eqnutrition.com or protein-drink.co.uk.

8 FEEL FREE LOW GI PROTEIN CRUNCH

High in fibre and containing amino acids, omega oils, vitamins and minerals, this is a convenient snack or easy breakfast. Just add water or milk. Ideal for those who are looking to lose weight or are on a low-carb diet. Visit feelfreenutrition.com.

9 ORGANIC VILLAGE FRUIT JUICE

Try one of Organic Village's delicious organic fruit juices; with seven flavours, you can top up your vitamins with a different one every day of the week. Certified organic, 100 per cent fruit juice, nothing added and nothing taken away. Visit organicvillage.org.