

# Snack your way fitter

Supplement your balanced diet with these healthy snacks and you'll be on the way to achieving your fitness goals

### Total Greek Yoghurt

Need a quick breakfast, fruity dessert or filling snack? Total 0% split pots combine fat-free Greek yoghurt with a natural fruit compote (blueberry, strawberry or tropical fruits) or honey. TOTAL 0% Greek Yoghurt is amazingly tasty even though it's completely fat-free. It's high in protein, low in calories and 100 per cent natural with no artificial sweeteners or additives. RRP £1.00. Visit [totalgreekyoghurt.com](http://totalgreekyoghurt.com)

### EQ Nutrition Cashew Nut Butter

Made from pure ground cashew nuts, this delicate-tasting nut butter is a rich source of monounsaturated fats (oleic acid) and polyunsaturated fats (linoleic acid). It provides a perfect nutrient-dense snack for those seeking to lose weight or take on extra calories and protein to those seeking to build muscle through exercise. Visit [eqnutrition.com](http://eqnutrition.com) or [protein-drink.co.uk](http://protein-drink.co.uk)

### 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! The 200ml bottles are ideal when you're on the go. Certified organic, 100 per cent fruit juice, nothing added and nothing taken away. Visit [organicvillage.org](http://organicvillage.org)

### FeelFree Post-Training Cereal Puffs

This high-protein breakfast is ideal as a post-training snack. With added BCAAs, omega oils, creatine, glutamine, vitamins and minerals, it can boost recovery and keep you healthy. Just add water or milk and stir for a tasty and convenient snack or light meal. Visit [feelfreenutrition.com](http://feelfreenutrition.com)

### EQ Nutrition MM5

EQ Nutrition has developed the ultimate low-carbohydrate all-in-one shake. MM5 is a must for anyone who wants a great-tasting, easily digested low-calorie shake that boosts performance and encourages muscle growth, strength and recovery. MM5 has the five essential ingredient to help you achieve your physical goals. Visit [eqnutrition.com](http://eqnutrition.com) or [protein-drink.co.uk](http://protein-drink.co.uk)



### Comvita Manuka Honey Bar

Packed with natural ingredients, this new bar is the only one on the market that contains special Manuka honey. Be part of the new trend, stay healthy and get the perfect pre- or post-workout snack with Comvita's Manuka Honey Bar. Available from **Holland & Barrett**, leading health food stores and [comvita.co.uk](http://comvita.co.uk).

### Panda All Natural Raspberry Bar

Panda Raspberry licorice bars are made with delicious real raspberries. They are free from all artificial 'nasties' and made with all natural ingredients. The bars are also fat-free, making them a guilt-free, tasty indulgence, as well as vegetarian and vegan friendly. Visit [landoflicorice.co.uk](http://landoflicorice.co.uk)

### 9Bar

Wholebake Foods's 9Bar is a nutritious natural energy bar cramming the goodness of seeds into a compact, tasty format. 9Bar is high in protein, free from gluten, dairy, artificial stuff and trans fats and is endorsed by the Vegetarian Society - but most importantly, it's delicious. Visit [9-bar.co.uk](http://9-bar.co.uk)

### Vitabiotics Wellman High Performance

Wellman High Performance drink is the UK's only drink formulated just for men. It doesn't give a short-term artificial energy boost through excessive calories, sugar and synthetic caffeine - its unique mix of B vitamins, minerals, amino acids and botanical extracts help your body use energy from food. It's ideal for anyone who has a demanding lifestyle and is looking for an alternative to high-caffeine drinks. Visit [vitabiotics.com](http://vitabiotics.com)