

# Fun Olympics Snacks



**A Weight**  
*Off Your*  
**Mind**

# Mini Dumbbell Sandwiches

Create sandwich with your choice of filling and cut into circles. Attach using cocktail stick to form dumbbell

Try using **wholemeal bread**, which will keep you fuller for longer and prevent snacking later in the day

Opt for a **low fat spread** e.g., flora light

Why not add **salad** to your sandwich filling?



# Olympic torch fruit/veg cones



## Sweet:

- Fill with yoghurt (try a **lower sugar and lower fat version**). Top with chopped peach or nectarine and arrange to make the 'flames'

## Savoury:

- Fill with hummus and top with sliced peppers to make the 'flames'

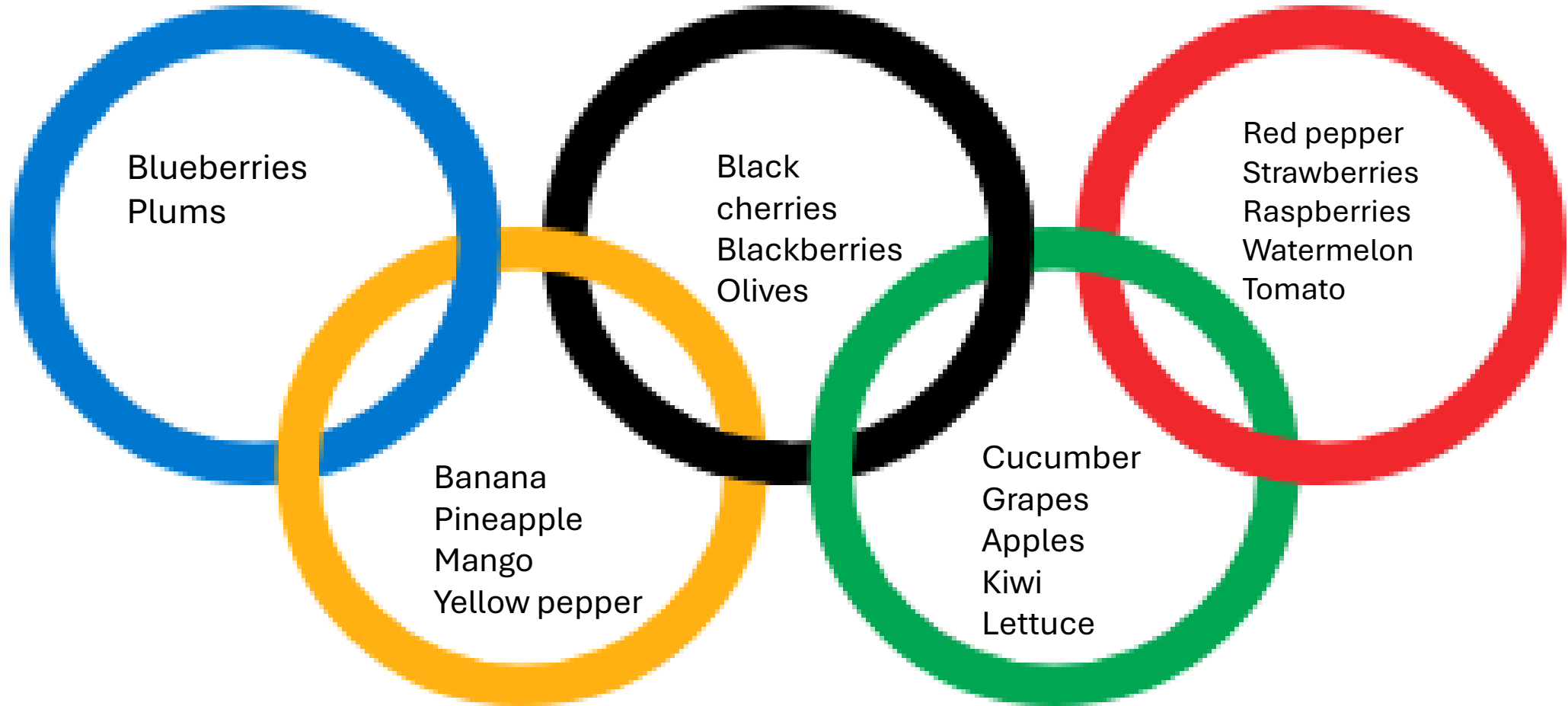




# Olympic rings platters

- Eat your 5-a-day like an Olympic champion!
- See next slide for more ideas









# Veggie Bikes

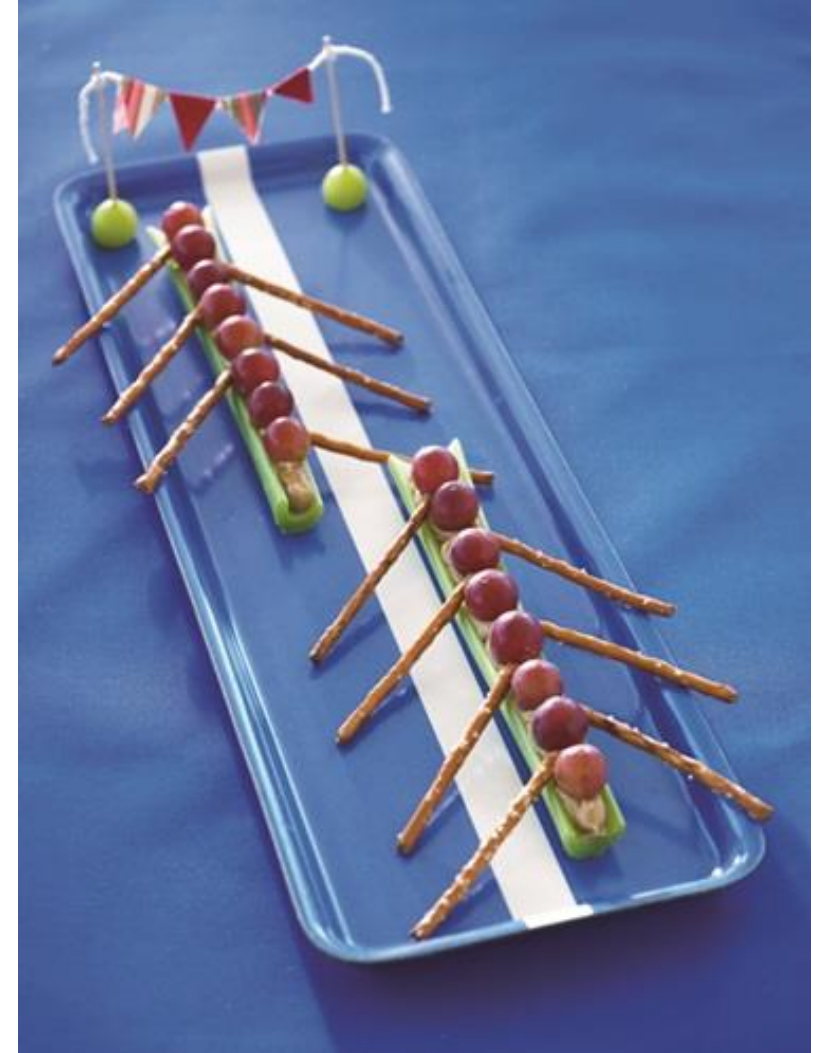
- Swapping your biscuits, crisps and chocolate bars for **fruit and vegetables** doesn't have to be boring
- Fruit and vegetables provide lots of nutrients and their high water content can help fill you up without being a lot of calories





# Rowing grapes

- Super easy to make
- Spread hummus or peanut butter across the middle of a stick of celery and line your rowers (grapes) on top
- Pretzel sticks or veggie sticks make good oars



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## Jelly Swimming Pool

- For a lower calorie sweet treat, opt for a **sugar free** jelly and make with blue food colouring for your own Olympic swimming pool
- Get creative adding lane ropes, diving boards and swimmers!



Press Print Party!

