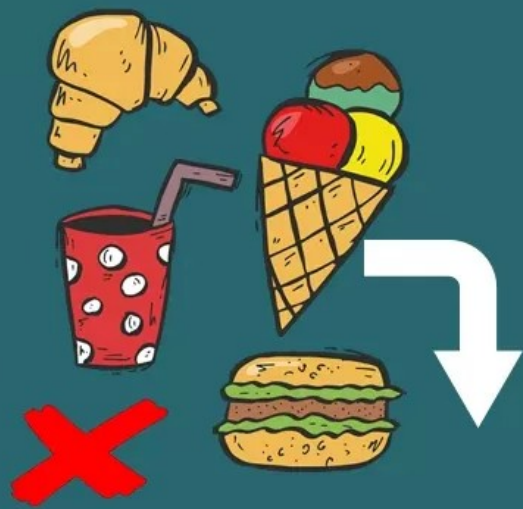


SNACKS FOR THE TRIP?



Did you know? Eating too much sugar, salt, or oily food while you're young can raise your chances of getting diabetes, high blood pressure, and high cholesterol in your 20s and 30s.

That's why it's smart to make healthy snacks part of your outings and trips. Here are some fun and tasty ideas:

02 HEALTHY SANDWICHES



Layer veggies like tomatoes, cucumbers, salad leaves,

Add proteins such as boiled chicken, baked fish, or boiled/poached eggs.

Sprinkle on pepper, lemon, or herbs for extra flavour.



03 WRAPS

Turn those same ingredients into a yummy wrap! Mix flours like atta or millet with wheat flour for the wrap - or use ready-made ones.



Go for a mix of colours and always include at least one protein.

01 FRUIT KEBABS



Skewer cubes of watermelon, grapes, apples, strawberries, and mango for a colourful, refreshing treat.



Mix wheat, atta, and chickpea flour for a fun twist. Add grated veggies (carrots, leeks, cabbage) or greens (mukunuwenna, kankun) plus a protein like eggs. The result? A roti that's both tasty and healthy.

04 CREATIVE ROTIS

Spread on mashed mung beans, chickpeas, or roasted eggplant, then load it up with veggies and spices for a flavour boost.

