

# Healthy Snack Ideas for Chinese New Year!

Article by:  
Gabriel Lee, nEbO member  
Temasek Polytechnic  
Marketing Intern @ NTUC Club

Chinese New Year is around the corner, and we are all excited to spend it with our loved ones over some delicious snacks! However, maintaining a healthy diet seems difficult, especially when we often feel tempted and carried away indulging in our favourite snacks.

Here are some interesting and healthier options for you to snack on this Chinese New Year that helps you adopt healthy eating habits while enjoying the festivities.



## Sweet and Delicious Pineapple Slices



Pineapple tarts are a staple for CNY, and it's simply too delicious to resist!

For a healthier and tasty option, try opting for dried pineapple slices instead as they are packed with fibres, rich in vitamins, and satisfies your sweet cravings!

## Freshly made Oatmeal Cookies



Love all the Chinese New Year cookies that you can never stop at only one or two pieces?

For a more nutritious alternative, try oatmeal cookies instead. It contains raisins, which provides natural sweetness and is a healthier choice of snack!

Check out SG Bakers Club for unique baking tips and recipes:



## Hearty Almonds



Nuts in general are a good source of proteins and vitamins, but processed peanuts often consumed during Chinese New Year contains lots of salt.

A healthier version of nuts would be almonds. It has a wide range of health benefits, and serves as a nutritious and filling snack!

## Indulge in Fresh Fruits



Always remember to consume fresh fruits such as oranges as they are rich in flavour, provides you with antioxidants, and are a delicious yet super healthy snack for you to indulge in!

Source: <https://bit.ly/usports-jan23-edm>