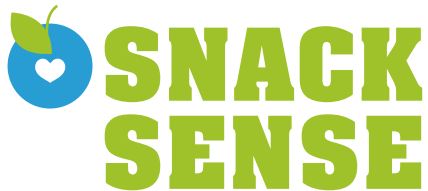




FREE
Professional
Coaching on
Healthy Eating



Making Healthy Snacking Simple



“Helping you make informed decisions
while meeting your nutritional requirements
through healthy snacking”

Aveen Bannon - Consultant Dietitian

BSc. (Hons) (Human Nutrition and Dietetics), H Dip DBSIT, M.I.N.D.I

Our Consultant Dietitian Aveen Bannon will visit your school for a completely free coaching session on healthy eating. Simply contact us today to organise a visit.

Born in Dublin, Aveen has practiced widely in hospitals both in Ireland and the UK prior to setting up the Dublin Nutrition Centre in 2003. She graduated from Trinity College with a BSc. (Hons) (Human Nutrition and Dietetics). She is also a current member of the I.N.D.I (Irish Nutrition & Dietetic Institute).

Aveen runs has provided a consultancy dietetic service to many health institutions including the Beacon Renal Unit, the Beacon Cancer support centre, RehabCare, ARC Cancer Support Centre, the Marie Keating Foundation and Lois Aoihinn Cancer Support Centre.

Aveen also has a keen interest in health promotion and nutrition education. She regularly gives talks and presentations to schools and companies at health & wellbeing seminars and provides regular nutrition consultancy for food companies.

Aveen also provides regular nutrition consultancy for media communications such as print, TV and radio and made regular appearances on RTE's the Afternoon Show during its four year run. Aveen wrote a weekly food-labeling column for the Sunday World Magazine for five years and now writes a weekly column in the Irish Independent health supplement.

Contact us today for a

FREE

**Coaching Session on
Healthy Eating with
Aveen Bannon**



Why should we snack?

It is a common misconception that snacking is unhealthy but this is not the case.

- Snacks provide an important 30% of children's daily calorie requirements.
- Healthy snacks provide good nutrition but also support lifelong healthy eating habits.
- Healthy snacking helps to prevent certain diseases in later life.
- All children will have varied requirements based on their energy output, so healthy options of varied calorie contents should be on offer to cover all groups.

Working with our consultant dietitian Aveen Bannon we have graded a huge range of healthy snacks and drinks into three categories GOLD, SILVER and BRONZE all of which fit into our healthy eating offering.

What is a healthy snack?

- 200 calories or less
- 7g or less of fat*
- 0g of trans fat
- 15g or less of sugar
- 0.2g or less of sodium (0.5g of salt)
- No artificial sweeteners

What is a healthy beverage?

- All low fat milks should contain less than 30g of sugar per 250mls serving
- Juice drinks should contain at least 25% juice
- Contain no caffeine

**Nuts and seeds are excluded from this limitation. (Rationale – nuts and seeds are exempt as they contain monounsaturated fat, which are considered heart healthy fats, which can help to lower LDL (bad) cholesterol and maintain HDL (good) cholesterol.*

Gold Snacks



3g or less of fat
5g or less of sugar
30g or less of carbohydrates
Trace
Low fat or non flavoured milk
100% juice
Water
Sparkling water

Silver Snacks



5g of total fat
10g or less sugar
30g or less of carbohydrates
0.2g or less sodium/ 0.5g or less of salt
Low fat milks with 30g or less of sugar
Juice drinks that contain 50% juice
Water
Sparkling water

Bronze Snacks



Less than 200 calories
7g or less of fat
15g or less sugar
0.2g or less sodium/ 0.5g or less of salt
Milks with 30g or less of sugar
Juice drinks containing at least 25% juice
Flavoured waters

Promoting Healthy Eating

At Snack Sense from BDS Vending Solutions we continue to look at innovative ways to provide you with nutritional information to empower you to make informed decision with ease.

We have a commitment to meet your needs in the areas of nutrition and will continue to provide information to help you understand and make choices that best meet your balanced diet and lifestyle goals.

How does our service work?

- Qualifying locations will receive a commission based on turnover
- Percentage of the turnover will be donated to selected children's charities and heart related illness
- We will provide and install a vending machine at your location for **FREE**
- We will merchandise and maintain your vending machine for **FREE**
- You will have constant convenient access to healthy snack and drinks
- We can also supply your own shop on site with this great range of products
- What should you do to find out more?

Get in touch with us using any of the contact details below and we will arrange an appointment to discuss this opportunity further

BDS Vending Solutions
CallSave: 1850 623 000
Email: bds@vending.ie
Tel: + 353 1 623 7200
Fax: +353 1 623 7108



**SNACK
SENSE**

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