**Top ten convenience snacks**

1. Popchips

2. Two crackers with tablespoon peanut butter

3. Bounce protein ball

4. Packet of raw almonds

5. Sushi snack pack

6. Popcorn

7. Humus with two rice cakes

8 banana with spoon of nut butter

9. Nutrigrain bar

10. Graze flapjack pack

These are easy to obtain whilst on the go and help to keep cravings at bay.