



### **Snacks on the go**

Do you find yourself rushing from work or school to training or the gym and don't have time to stop and eat anything? By the time you get home and have dinner it could be 6 or more hours between giving your body any fuel for it to function at its best.

John West Tuna and Beans might just be one trick up your sleeve to offer a solution. They are high in protein, with just one serve giving you at least 22g. They also give you carbohydrates for energy, fibre and omega-3s. And the best part is that they can be eaten straight from the pack and don't need to be kept cold. This means you can have one in your locker, desk drawer or sports bag to eat when you're on the run.

***VIS Sports Dietitian, Kylie Andrew***