

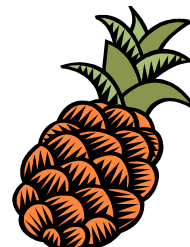
## Healthy snack ideas

Snacks can be enjoyed as part of a healthy diet but it is important to choose the right snacks. Labelling can be confusing so it is always important to check that something low in fat is also low in sugar to make sure you are making the right choices.

Below is a list of suitable snacks to have between meals.

### Fruit

- This can include fresh, dried, tinned in juice or frozen, eg apples, bananas, oranges, satsumas, grapes, berries, melon, pineapple, kiwi
- Make the fruit more interesting, eg fruit salad, chop, slice, grate, make a homemade smoothie
- Try making an ice lolly with fruit juice.



### Vegetables

- Examples include cherry tomatoes, cucumber, carrot, celery, peppers
- Make the vegetables interesting, eg chop, slice, grate. Dip into low fat cheese, dips or yoghurt/fromage frais.



### Popcorn

- Choose plain popcorn over sweet, toffee, butter or salted.

### Breakfast cereal

- Choose plain ones with low fat milk. Examples include Rice Krispies/Snaps, Weetabix, Fruit and Fibre.

### Baked products

- Bagel, crumpets, malt loaf, toast, breadsticks (could dip in low fat cheese), oatcakes rice cakes.



**Dairy snacks** – choose low fat options if you are concerned about your child's weight

- Cheese triangles, soft cheese with breadsticks, yoghurts, fromage frais.

### Snacks that contain around 50<sup>kcal</sup>

- 1 medium piece of fruit
- 2 crackers/crispbreads
- Fromage frais (50g)
- 1 plain biscuit
- 1 serving of low calorie hot chocolate drink
- Raw vegetable crudités with 30g (1oz) low fat cream cheese or 2 tablespoons salsa.

### Snacks that contain around 100<sup>kcal</sup>

- 2 pieces of fruit
- 1 packet of lower fat crisps (25g bag)
- 1 crumpet with 1 tsp reduced sugar jam/honey
- 1 fun-sized chocolate bar
- 2 rice cakes with reduced fat spread and 1 tbsp honey
- 1 slice of toast with reduced fat spread and yeast extract
- 2 plain biscuits or 1 chocolate digestive style biscuit.