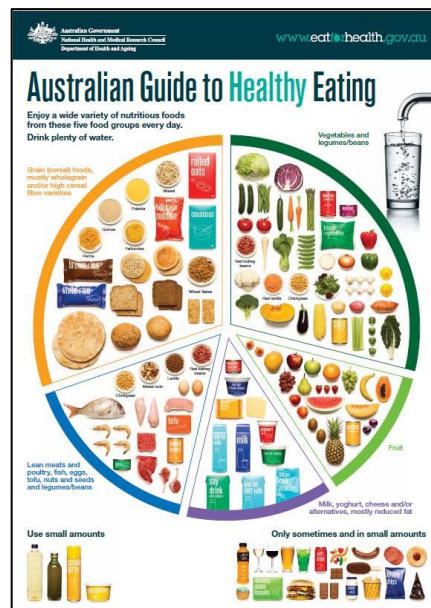


Healthy snacks play an important role in helping children and adolescents meet their nutritional requirements for growth and development and to keep up their concentration and stamina throughout the day.

Often snack foods can be low in dietary fibre and nutrients, and high in saturated fat, added sugar and salt. In particular, packaged and convenience food such as potato chips, biscuits, cakes some muesli bar. These convenience foods are also more expensive than food prepared at home. Food for snacks should be chosen from one or more of the 5 food groups. This will ensure your child receives all the nutrients they need for growth; to fuel activity; to keep their bodies healthy; and to keep their brains focussed.

Vegetables and legumes/beans

- Celery/carrot/cucumber sticks/ snow peas/ celery sticks with: low fat cheese spread/salsa/hummus/ peanut paste*
- Corn on the cob
- Vegetable kebabs – cherry tomatoes, cucumber, celery, capsicum, lean ham and cheese
- Vegetable fritters
- Tomato and reduced fat cheese open grill
- Baked potato filled with: corn & reduced fat cheese
- Jaffle with baked beans



Grain (cereal) foods, mostly wholegrain and/or high fibre varieties

- Raisin bread/toast
- Home-made pizza on half an English muffin
- Plain popcorn
- Rice cakes / wholegrain crackers with: hommus /avocado and tomato / peanut paste / reduced fat cheese
- Weet-bix™ with chopped banana
- Half an English muffin / 1 slice grain toast with peanut paste* and banana
- Small low fat scones (savory or fruit) – look for recipes that use wholemeal flour or added oats/bran

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

- Glass of reduced fat milk
- Tub of reduced fat yoghurt
- Reduced fat cheese cubes with cherry tomatoes
- Reduced fat cheese on wholegrain toast/crackers
- Frozen reduced fat yoghurt

Fruit

- Fresh whole fruit (apple, apricot, banana, kiwi fruit, orange, pear, plum)
- Fruit kebabs - bananas, watermelon, strawberries
- Tinned fruit in natural juice
- Home-made ice-blocks made with fruit or fruit and reduced fat yoghurt

Lean meats and poultry, fish, eggs, tofu, nuts, seeds and legumes/beans

- Boiled egg and grain/wholemeal toast soldiers
- Handful of raw nuts*
- Canned tuna / shredded chicken and wholegrain crackers

Include water with every snack

* Nuts need to be avoided if children have a nut allergy or if they are going to eat the snack in a setting where there is a nut free policy

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