

Healthy Snacks for Children



Offer variety:

- Try to eat foods from 2-3 different groups at each snack time
- Eat a rainbow of colours throughout the day

Between meals avoid sugary snacks which can damage teeth:

- Dried fruit, juice and smoothies
- Breakfast cereals, cereal bars, sweet yoghurt
- Sweets, cake, biscuits and chocolate

CARBOHYDRATES	PROTEIN	DAIRY	VEGETABLES	FRUIT (fresh only)
Plain popcorn	Smooth peanut butter	Natural yoghurt	Celery sticks	Apple slices
Oatcakes	Hard boiled egg	Grated / sliced cheddar cheese	Carrot sticks	Banana
Pasta pieces	Oily fish pate *	Cottage cheese	Cucumber sticks	Seedless grapes cut into quarters
Plain rice cakes	Houmous	Cream cheese	Avocado dip *	Kiwi fruit
Tortilla wrap	Mixed bean salad	Glass of milk	Mange tout	Pear slices
Toasted pitta bread	Mini omelette	Plain fromage frais	Pepper sticks	Nectarine
Breadsticks	Sardines	Mint and cucumber yoghurt dip *	Baby sweetcorn	1 small orange, clementine or satsuma
French toast	Chickpeas	Cheese spread triangle check salt level	Cherry tomatoes cut into quarters	Berries
Cream crackers	Mini chickpea falafels *	Nibbles of different types of cheese avoid mould ripened cheese if under 5 years	2-4 olives Rinsed well if in brine	1 small slice of melon or fresh pineapple
Crumpet	Slices of meat	Cream cheese and herb dip *	Little gem lettuce	Plum, stone removed
Corn crackers	Seeds	Edam	Sweet potato falafels *	Banana dip
Cream crackers	Chicken strips	Mozzarella balls	Tomato salsa	Mango

*visit our website www.cornwallhealthyweight.org.uk for lots more ideas and recipes