



HEALTHY SNACKS FOR FAMILIES










Offer variety:

- Foods from 2-3 different groups at each snack time
- A rainbow of colours throughout the day

Between meals avoid:

- Dried fruit, fruit bars, juice and smoothies
- Breakfast cereals, cereal bars, sweet yoghurts

| VEGETABLES | FRUIT (fresh only) | CARBOHYDRATES | CALCIUM | PROTEIN |
|---|--|---|---|--|
| 1 small celery stick , cut into sticks | Apple slices | Plain popcorn | A few spoonfuls of natural yoghurt in a small pot | Chicken slices |
| Raw broccoli or cauliflower , cut into mini florets | Banana slices | Crackers, oatcakes | Grated / sliced cheddar cheese | Smooth peanut butter |
| Carrot , cut into sticks | Seedless grapes , cut into quarters | Pasta pieces | Cottage cheese  | Hard boiled egg |
| Cucumber , cut into sticks | Kiwi fruit | Plain rice cakes | Cream cheese | Oily fish pate*  |
| Mangetout  | 1 small slice or melon or fresh pineapple | Tortilla wrap | Glass of milk  | Hummus* |
| Red and yellow pepper sticks | Nectarine , stone removed | Wholemeal pitta bread | Nibbles of different types of cheese (avoid mould-ripened) | Butter beans (also an iron rich vegetable) |
| Baby sweetcorn  | 1 small orange, clementine or satsuma | Bread sticks | A few spoonfuls of plain fromage frais in a small pot | Mini omelette* |
| Cherry tomatoes , cut into quarters | 1 tablespoon of berries  | French toast  | Mint and cucumber yoghurt dip* | Sardines |
| Avocado dip* | Pear slices | Bread | Cheese spread triangle check salt level | Chickpeas (also an iron rich vegetable) |
| Assorted salad leaves | 1 plum , stone removed | Crumpets | Plain greek yoghurt | Mini falafels* |

All children over 2 years of age should be offered child sized portions of fruit and vegetables with some snacks (approximately their own handful / 40g)

*Visit our website: www.cornwallhealthyweight.org.uk for lots of ideas and recipes suitable for children

