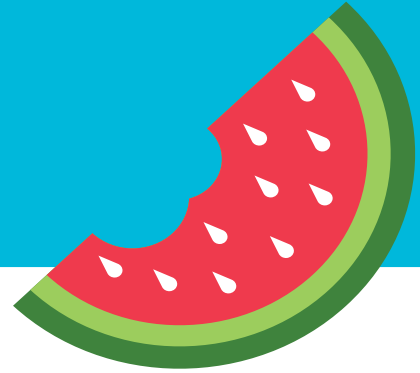


Choose healthy snacks

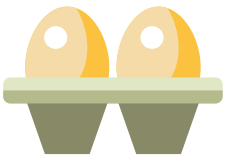
Snacking between meals can be a good way to help kids and teens keep their energy levels up during the day.

Healthy snacks can be a good source of nutrients to help your body grow and work properly. But unhealthy snacks cause health issues, like weight gain and poor development.



Healthy snack ideas

Snacks based on fruit and veggies, reduced fat dairy products and wholegrains are the healthiest choices.



Boiled egg



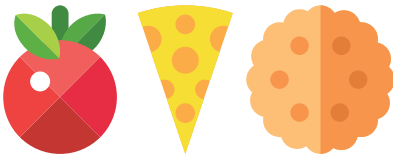
Reduced fat yoghurt
(plain or fruit flavoured)

[Full fat for under 2 years, reduced fat for over 2 years]



Plain popcorn (unbuttered and
without sugar coating)

[Not suitable for under 3 years]



Tomato and cheese
on crackers



Rice crackers or corn cakes
(with vegemite or hummus)



Banana on toast



Chopped vegetables and dip



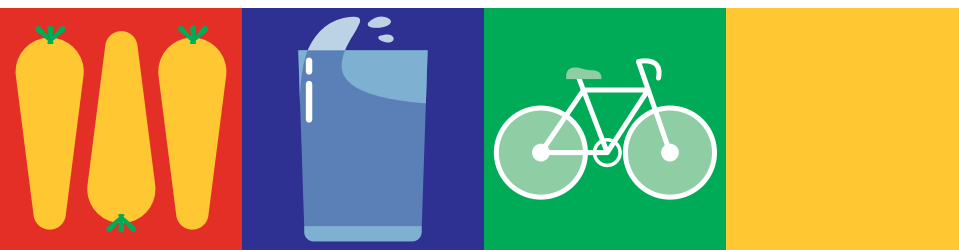
Fruit scone



Corn on the cob



Fresh or frozen fruit



What is an unhealthy snack?

Foods high in added sugar, salt or saturated fat (or a combination) are unhealthy options. Generally, these foods have little to no nutrition. They are not needed as part of a healthy diet and should be eaten only occasionally, and in small amounts. Examples include:

- Chocolate
- Donuts, cakes, pastries and slices
- Hot chips and crisps
- Ice cream
- Lollies
- Store-bought muesli and snack food bars
- Sweet or savoury biscuits

How to make healthy snacking a habit

- ✓ Avoid having unhealthy snacks in the house
- ✓ Keep your pantry stocked with healthy snacks
- ✓ Prepare healthy ready-to-eat snacks and keep them in your fridge
- ✓ Start a rewards chart for healthy snacking
- ✓ Take ready-made healthy snacks with you when you go out

Keep a bowl of fresh fruit on the counter



Remember:

It's normal for kids to refuse a new food up to 10 times, so keep trying!

