



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

Choose an item of food from each of the sections below:

Carbohydrates	Protein	Dairy	Fruit (fresh only)	Vegetables
Plain Popcorn	Smooth peanut butter	Grated/sliced cheddar cheese	Bananas	Celery sticks
Oatcakes	Hard boiled egg	Glass of milk	Berries	Carrot sticks
Pasta pieces	Oil fish pate	Cream cheese	Kiwi	Cucumber sticks
Plain rice cakes	Hummus	Cheese spread triangle check salt level	Apple slices	Cherry tomatoes cut into quarters
Tortilla wraps	Mixed bean salad	Cottage cheese	Pear slices	Mange tout
Toasted bread	Mini omelette	Plain fromage frais	Nectarine	Pepper sticks
Breadsticks	Sardines	Edam	Fresh fruit smoothie	Baby sweetcorn
French toast	Chickpeas	Mozzarella balls	Plum stone remove	Little gem lettuce
Crumpet	Mini chickpea falafel	Mint and cucumber yoghurt dip	Seedless grapes cut into quarters	2 -4 olives Rinsed well if in brine
Cream crackers	Slices of meat	Natural yoghurt	Mango	Sweet potato falafels
Corn crackers	Seeds	Cream cheese and herb dip	1 small slice of melon or fresh pineapple	Tomato salsa

Adapted from Cornwall Healthy Weight- A Healthy Breakfast: www.cornwallhealthyweight.org.uk