

Select healthier snacks

It is important to offer your child healthy snacks. Children need to eat between meals as they have small stomachs and need small amounts of food more often than adults.

Choose snacks based on:

- fruit
- vegetables
- reduced fat (not skim) milk, cheese, custard and yoghurt
- high fibre or whole grain breads, crackers and cereals.



Tips to make healthy snacks easy

- Keep healthy snacks in the fridge and pantry.
- Put healthy snacks in your child's lunch box.
- Have fresh fruit in a bowl on the kitchen bench.
- Have meals and snacks at the same time each day.



Easy and healthy snack ideas include:

- fresh, frozen, canned or dried fruit
- reduced fat fruit yoghurt
- rice paper rolls
- hummus with pita bread
- small serves of fruit muffins
- cooked noodles with tofu and vegetables
- reduced fat custard
- corn or rice cakes
- sushi.



Tips to encourage healthier snacks

- Set limits on the number of unhealthy snacks allowed and explain that these snacks are treats and not everyday foods.
- Offer a range of healthy foods so your child can choose what they want.
- Don't keep unhealthy snack foods in the house.
- Choose healthy snacks yourself. It will help your child eat healthy snacks!

