



SELECT HEALTHIER SNACKS

It is important to offer your child healthy snacks. Young children can more easily meet their nutrition needs if healthy snacks are offered between meals. Offering small, planned snacks is much better than allowing children to graze between meals.

Choose snacks based on:

- fruit
- vegetables
- milk, cheese, custard and yoghurt
- high fibre or wholegrain 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 lunchbox.
- Have fresh fruit in a bowl on the kitchen bench.
- Have meals and snacks at the same time each day to help establish a good routine.

Easy and healthy snack ideas include:

- fresh, frozen, canned or dried fruit
- plain or fruit yoghurt
- rice paper rolls
- hummus with pita bread or breadsticks
- small fruit muffin
- cooked noodles with tofu and vegetables
- custard
- corn or rice cakes with avocado or peanut butter
- sushi
- vegetable sticks with dip
- wholegrain cracker with cheese
- fruit smoothie

Tips to encourage healthier snacks

- Set limits on the number of unhealthy snacks (including packet snacks such as potato chips, muesli bars, biscuits) 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 and eat together to show your child that you enjoy healthy food. It will help your child learn to eat healthy snacks!



For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au