

fun snacks for healthy kids

Kids love snacks. Snacks are fine as long as they include some that are nutritious, rather than full of 'empty' calories!

Crisps, sweets, chocolates and fizzy drinks are the most commonly eaten snacks but they contain a lots of fat and sugar and not many vitamins and minerals. You don't have to ban these - just tried to cut down.



here are a few ideas for a healthy snack attack:

Fruit
Yoghurts
Sandwiches
Crackers
Dried Fruits such as:
Raisins, Sultanas Apricots,
Cheese Triangles, Popcorn,
Nuts*
Vegetable sticks such as Carrots and Celery.



To drink choose Milk, Fruit Juice, Water or Low-Sugar Drink

* Whole nuts are not recommended for small children because of the risk of choking.

change

4 life

Eat well Move more Live longer