



EASY SNACK IDEAS FOR YOUNG CHILDREN

Young children have small tummies and need a variety of nutritious snacks between meals to help them grow, learn & play.

1. Tinned fruit (in natural juice) + custard
2. Fruit toast + spread
3. Wholemeal crackers + cheese slices + dried apricots
4. Cut up fresh fruit + yoghurt
5. Lebanese bread + avocado + grated cheese
6. Cut up raw or cooked vegetables + hommos dip
7. Weet-Bix™ or Vita Brits® + spread
8. Pikelets + sliced banana
9. Rice cakes or corn thins + avocado + grated carrot
10. Wholemeal toast + sliced boiled egg
11. Corn on the cob
12. Frozen fruit pieces eg: pineapple rings, orange quarters
13. Wholemeal bread with mashed banana
14. Wholemeal bread + baked beans toasted sandwich
15. Fruit smoothie: milk + fruit + yoghurt + honey
16. Mini Pizza: English muffin + tomato paste + capsicum + tomato + grated cheese grilled



X Commercial snack foods like chips, chocolate, sticky fruit bars, muesli and breakfast bars, sweet biscuits and lollies can be high in fat and/or sugar. Choose these sometimes (not daily) and in small amounts.

DRINKS

✓ **Water** is freely available and helps protect against tooth decay.

✓ **Milk.** Use full fat milk for children under the age of two years. Reduced fat milk (not skim milk) is appropriate for children over two years.

X **Avoid** sweet drinks including fruit juices, cordials, soft drinks, flavoured mineral water and sports drinks. These are high in sugar and provide few nutrients and may increase the risk of tooth decay. Choose these sometimes (not daily) and in small amounts.

