

Fact Sheet

Snack Foods

About snacks

- Children need a couple of healthy snacks to get enough food for the day.
- Snack times are ideal to encourage children to eat *fruits, vegetables, dairy foods and cereal products*.
- Snacks are best thought of a 'small meals' of healthy foods, rather than specially packaged items.
- Pre-packaged snacks may be high in fat and/or sugar, such as muesli and "breakfast" bars. Always read the labels.

Snack foods	Nutrients provided	Be aware	Tips
Fruit – fresh, frozen, canned in natural juice	Vitamins, minerals, fibre, carbohydrates	Dried fruit bars and 'straps' are very high in sugar, low in fibre and stick to children's teeth	<ul style="list-style-type: none"> ➤ Children enjoy a fresh fruit platter or frozen fruit pieces ➤ Try making frozen fruit icy poles
Vegetables – fresh, frozen, canned (no added salt)	Vitamins, minerals, fibre, carbohydrates	Hot chips and packet crisps are best left for special occasions	<ul style="list-style-type: none"> ➤ Offer vegetable sticks with dips or a bowl of pumpkin or potato soup ➤ Corn on the cob and jacket potatoes are quick and easy to prepare
Milk, yogurt and custards – full cream	Calcium, protein, more than 10 essential vitamins and minerals	Avoid the sugary 'dairy deserts' like chocolate mousse	<ul style="list-style-type: none"> ➤ Fruit yogurts or custard are good for children who don't drink milk ➤ Fruit smoothies – combine milk and fruit
Cheese, dips and biscuits	Calcium, protein, vitamins, minerals, carbohydrates	'Oven baked' savoury biscuits are just as high in salt and fat as chips. Avoid sweet dips and spreads	<ul style="list-style-type: none"> ➤ Cheese cubes or cream cheese on crackers are quick and easy to prepare ➤ Make your own dips rather than buying expensive pre-packaged versions
Cereal and milk	Protein, calcium, vitamins, minerals, carbohydrates	Limit sugary or chocolate cereals	<ul style="list-style-type: none"> ➤ An easy to prepare nutritious snack for any time of the day
Breads – endless varieties available	B group vitamins, fibre	Limit chocolate spreads, honey and jams	<ul style="list-style-type: none"> ➤ Try vegemite, cheese, peanut butter, tuna, egg, cold meats, chicken and salad vegetables
Noodles, pasta, rice	Carbohydrates, B-group vitamins	Flavour sachets in 'instant' noodles are high in salt, flavours and preservatives. Some brands are also high in fat	<ul style="list-style-type: none"> ➤ It takes the same time to cook pasta or rice as it does the 'instant' versions ➤ Add some grated veggies or cheese for a nutritious snack