

# *Healthy Snack Ideas*

- Fruit/Fruit kebabs (max. 2 pieces per day, e.g. 2 x apples)
- Vegetable sticks with 1 tbsp low fat dip or salsa
- Reduced fat cheese (1 slice) with rice crackers
- Small tub of low fat yoghurt (e.g. Vaalia or Chobani)
- Air-popped corn (e.g CoolPak)
- Rice cakes/Corn thins x 2-3
- Rice crackers x 10-12
- Corn on the cob
- Boiled egg
- A cup of homemade vegetable soup
- Small can of salt-reduced baked beans
- Small can of tuna in springwater with rice crackers or cruskits

## *Tips*

- Remember: **Portion size** matters just as much as the type of snack
- Avoid packaged foods where possible
- If you are providing pre-packaged snacks aim for less than 100 calories per serve or less than 420 kJ/serve
- Swap food rewards for stickers, books or fun activities