








HEALTHY SNACKS



Choose at least two types of fruit or vegetable		Plus one carbohydrate	Plus a source of calcium and / or protein	
VEGETABLES for health 	FRUIT to fight disease	CARBOHYDRATES for energy	CALCIUM for strong bones/teeth	PROTEIN for growth
1 small celery stick, cut into sticks	Apple slices	Plain popcorn	A few spoonfuls of natural yogurt in a small pot	Chicken slices
Raw Broccoli or cauliflower, cut into mini florets	Banana slices	Crackers, oatcakes	Grated / sliced cheddar cheese 	Smooth peanut butter
Carrot, cut into sticks	Seedless grapes, cut into quarters	Pasta pieces	Cottage cheese	Hard boiled egg 
Cucumber, cut into sticks	Kiwi fruit	Plain rice cakes	Cream cheese	Oily fish pate*
Mangetout	1 small slice or melon or fresh pineapple	Tortilla wrap	Glass of milk 	Houmous*
Red and yellow pepper sticks	Nectarine, stone removed	Wholemeal pitta bread	Nibbles of different types of cheese	Butter beans (also an iron rich vegetable)
Baby sweetcorn 	1 small orange, clementine or satsuma	Bread sticks	A few spoonfuls of plain fromage frais in a small	Mini pancake
Cherry tomatoes, cut into quarters	1 tablespoon of berries 	Melba toast 	Mint and cucumber yogurt dip*	Sardines
Avocado dip*	Pear slices	Bread	Cheese spread triangle check salt level	Chickpeas (also an iron rich vegetable)
Assorted salad leaves	1 plum, stone removed	Crumpets	Plain greek yogurt	Mini falafels*

All children over 2 years of age should be offered child sized portions of fruit and vegetables with some snacks (approximately their own handful / 40g)

*Visit our website: www.eatsomegoodfood.org for lots of ideas and recipes suitable for young children (1-5yrs)

