

Snacks for healthy kids

Active children need healthy snacks in between meals to ensure they get enough energy and nutrients for growth. Choose snacks low in fat, salt and sugar. **Most children only need to snack once between meals as more frequent snacking can lead to overweight and tooth decay.**

Portion sizes are getting bigger and this is a concern. One big cookie has the same energy content as 10-15 biscuits! Oversized portions can easily lead to overeating and overweight. Offer children small snacks and encourage them to be active often by playing outside, walking/biking to school if possible and/or participating in organised sport.

Older children can be encouraged to choose and make their own healthy after school snack.

Great Snack Ideas

- Monkey roll – banana in bread
- Fresh fruit – serve whole or chopped into bite size portions.
- Vege sticks – chilled and served up with cottage cheese or yoghurt dip. Try natural yoghurt with grated cucumber, lemon juice and chopped mint for a refreshing dip.
- Sandwiches – peanut butter, vegemite, baked beans, jam or thinly sliced cheese. Spread margarine thinly on one side of bread or try an alternative like hummus or relish.
- Muffins, fruit buns, scones, pancakes made with fruit like grated apple.
- Popcorn – pop using only a little oil or margarine.
- Yoghurt, custard in pottles, cubes of cheese.
- Fruit smoothie - made with green top or light blue top milk and fruit such as banana and berries.
- Plain crackers and biscuits/bite-size muesli bars.

Occasional Snacks for Busy Families

Some snacks have lots of fat, sugar or salt. These foods are expensive and less healthy. Try to limit to once a week.

Chips, noodles, coated muesli bars, fruit leathers, fruit juice, sausage rolls, chocolate biscuits.

Yummy Fruit Kebabs

Children can help make their own kebabs with a selection of chopped pieces of fruit such as banana, orange, apple, kiwifruit, grapes, melon and pineapple. These look attractive and are delicious served with yoghurt or custard as a dipping sauce.

Healthy Nibbles

Nutrition Updates for Primary Schools
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