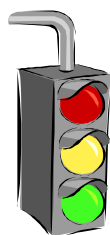


# Snacks for healthy teeth

Active children need small healthy snacks in between meals to ensure they get enough energy and nutrients for growth. Choose snacks low in sugar, fat, and salt.

**Most children only need to snack once between meals as more frequent snacking can lead to overweight and tooth decay.**



## Green light - Tooth friendly snacking low in sugar, fat and salt

- Fresh fruit – serve whole or chopped into bite size portions
- Monkey roll – banana in bread
- Veggie sticks, cold cooked vegetables such as potatoes and kumara served with cottage cheese or hummus
- Corn cob
- Sandwiches – choose from a selection; peanut butter, marmite, baked beans, ham, egg, thinly sliced cheese, tomato, beetroot, lettuce, cucumber, grated carrot, radishes, capsicum, bean sprouts. Spread margarine thinly on one side of bread or try an alternative like hummus or relish.
- Plain popcorn – pop using only a little oil or margarine
- Yoghurt, custard in pottles, cubes of cheese
- Water and milk are the best drinks for children
- Fruit smoothie - made with green top or light blue top milk and fruit such as banana and berries.
- Plain crackers
- Weetbix and marmite
- Toasties or mini pizzas topped with a choice of marmite, spaghetti, corn, tomato, ham, pineapple and a little grated cheese

## Red light – Occasional foods, save for meal times and special occasions

- Soft drink, packet drinks, juice
- Fruit leathers and dried fruit as they stick to the teeth
- Muesli bars, sweets, crisps, chocolate, cake, biscuits
- Ice blocks
- Pastry items such as sausage rolls, pies, croissants
- Packet noodles
- Jam, honey, nutella

## 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.

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## Healthy Nibbles for Tots

Nutrition and physical activity information for under 5s

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

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**Canterbury**

District Health Board

Te Poari Hauora o Waitaha