

Healthy Snacks

Snacks are an important part of a child's diet, but it is important to choose well. There are plenty of quick, easy, tasty and nutritious snacks that your child can enjoy that will keep them healthy and full of energy throughout the day.

Fruit

Fruit is one of the easiest snacks to prepare and take with you. Choose fresh, ripe, good quality fruit. Fruit can be chopped and put onto skewers or served with a dip such as cream cheese with a drop of vanilla and honey or nut butter.

What is one serving of fruit?

<i>Small fruit:</i>	Two plums, kiwis or mandarin oranges
<i>Medium fruit:</i>	One banana, apple, pear, peach, nectarine or orange
<i>Large fruit:</i>	One slice of pineapple, melon or watermelon Two slices of mango or papaya
<i>Berries:</i>	10-12 blueberries, blackberries, raspberries, cherries or grapes 8 strawberries
<i>Dried fruit:</i>	One heaped dessertspoon of raisins, sultanas, dried cranberries, cherries or blueberries Two dried figs or three prunes One handful of dried banana chips



Younger children (under five years old) should have smaller servings of fruit – use their hand size as a guide, rather than yours!

Vegetables

Raw or blanched vegetables make a great snack, especially when served with a dip such as hummus, cream cheese, salsa, pesto or guacamole.

These vegetables make good snacks:

- Carrots
- Peppers
- Sugar snap peas
- Celery
- Radish
- Broccoli (blanched)
- Cucumber
- Cherry tomatoes, sliced tomatoes
- Lettuce
- Avocado
- Green beans
- Sweetcorn



Dairy foods

Dairy foods are a great source of calcium which children need for strong, healthy bones and teeth. Milk, cheese and yoghurt are handy snack foods and can be useful for keeping hunger at bay. Use a cooler bag with an ice pack to keep dairy foods cool during class time. **Younger children should have three servings each day, while children aged 9-12 years should have five servings of milk, yoghurt or cheese per day.**

What is one serving?

- Milk:** One 200ml glass - use full fat up to the age of two years old, then move on to low fat milk.
- Yoghurt:** One small pot - use natural yoghurt and add fruit to sweeten, e.g. raspberries, banana, strawberries.
- Cheese:** One match box sized piece - good options for children include mild cheddar, edam, gouda, mozzarella, ricotta, reduced fat cream cheese, parmesan.

Food	Serving size	Energy (Calories)
Light cream cheese	1 tablespoon (51g)	56 kcals
Cheddar cheese	1 average slice from block (22g)	92 kcals
Feta cheese	5 1cm cubes (30g)	75 kcals
Cheese string	1 standard (21g)	69 kcals
Babybel light	1 piece	85 kcals
Mozzarella	35g	94 kcals
Cheese slices	2 slices (40g)	76 kcals
Cottage sheese	1 tablespoon (40g)	41 kcals
Ricotta	2 teaspoons (20g)	77 kcals
Low fat natural yoghurt	1 average pot (125g)	73 kcals
Fromage frais	1 small pot (60g)	74 kcals
Whole milk	1 cup (200ml)	123 kcals
Low fat milk	1 cup (200ml)	92 kcals
Skimmed milk	1 cup (200ml)	87 kcals

Meat, fish, poultry, eggs, beans and nuts

Protein is important for children to help the body grow and repair itself. Cooked red meat, fish and poultry are excellent sources of protein, as are eggs, beans and nuts. The width and depth of a child's palm is a useful guide to the amount of meat, poultry or fish they require in a day. **Children aged 5-13 years require two servings per day.** Always try to choose less processed meats and unsalted nuts to keep salt in your child's diet to a minimum.

Food	Serving size	Energy (Calories)
Boiled Egg	1 average egg	71 kcals
Fish fingers	2 fingers (56g)	126 kcals
Tinned tuna	1 small can	78 kcals
Tinned salmon	1 small can	109 kcals
Sardines	2 sardines (50g)	85 kcals
Breaded Cod Fillet - baked	1 small fillet (50g)	101 kcals
Grilled Cod Fillet	1 small fillet (45g)	48 kcals
Ham slices	2 slices (40g)	43 kcals
Chicken (slices)	2 slices (28g)	32 kcals
Chicken (white meat – deli style pieces)	50g	61 kcals
Unsalted almonds	12 whole almonds (12g)	75 kcals
Unsalted peanuts	1 small bag (25g)	145 kcals
Plain, unsalted cashews	10 whole (18g)	103 kcals
Walnuts	3 whole (12g)	83 kcals
Pecans	3 whole (12g)	83 kcals
Unsalted sunflower seeds	1 tablespoon (10g)	59 kcals
Unsalted pumpkin seeds	1 tablespoon (12g)	69 kcals
Baked beans	$\frac{3}{4}$ cup*	78 kcals
Kidney beans	$\frac{3}{4}$ cup*	100 kcals
Chickpeas	$\frac{3}{4}$ cup*	113 kcals
Peas	$\frac{3}{4}$ cup*	75 kcals
Lentils	$\frac{3}{4}$ cup*	80 kcals

* $\frac{3}{4}$ of 200ml cup = approx. 6 dessertspoons

Wholemeal cereals and breads, potatoes, pasta and rice

Potatoes, bread, cereals, pasta and rice are rich in carbohydrates for energy. Children need **3-5 servings per day**. These foods will mostly be at their main meals but 1-2 servings may be suitable to have as snacks. Always choose wholemeal or wholegrain versions for more fibre

Food	Serving size	Energy (Calories)
Ryvita® multigrain crispbread	2 crispbreads (22g)	83 kcals
Ryvita® pumpkin seed and oat	2 crispbreads (24g)	101 kcals
Plain, low salt rice cakes	2 cakes (24g)	101 kcals
Plain oatcakes	2 cakes (19g)	87 kcals
Multigrain corn cakes	2 cakes (30g)	110 kcals
Wholegrain bread	1 medium slice (37g)	85 kcals
Brown soda bread	1 slice (31g)	89 kcals
Wholemeal roll	1 petit pain/ small bap (40g)	101 kcals
Wholemeal pitta	½ a pitta (34g)	89 kcals
Sesame bagel	½ a bagel (30g)	142 kcals
Poppy seed bagel	½ a bagel (30g)	141 kcals
Wholemeal tortilla	1 small tortilla (40g)	124 kcals
Multiseed flatbreads	2 flatbreads	78 kcals
Wholemeal scone	½ a scone (21g)	69 kcals
Weetabix®	1 bisk (20g)	70 kcals
Muesli	1 small bowl (30g)	112 kcals
Porridge	100g	97 kcals
Brown pasta	½ a cup (40g)	131 kcals
Spaghetti hoops in tomato sauce	3 tablespoons (135g)	99 kcals
Brown rice	4 heaped dessertspoons (80g)	106 kcals
Cous cous	3 heaped dessertspoons (80g)	107 kcals
Baked potato	1 small potato (90g)	87 kcals
Potato waffle	1 waffle	93 kcals
Homemade potato wedges (baked)	6 wedges (60g)	90 kcals

Treats

Try to limit foods that are high in sugar, salt and fat, e.g. crisps, sweets, chocolate, fizzy drinks, cakes and biscuits.

Instead choose some of the following:

Food	Serving size	Energy (Calories)
Dark chocolate rice cake	1 rice cake	80 kcals
Yoghurt coated rice cake	1 rice cake	82 kcals
Dark chocolate	2 squares	40 kcals
Salted popcorn	1 standard bag (20g)	88 kcals
Pretzels	12-15 pretzels (30g)	132 kcals
Low fat tinned rice pudding	3 tablespoons (105g)	85 kcals
Sugar free jelly	120g pot	5 kcals
Fruit ice pops*	37g	22 kcals

* You can also make your own homemade fruit ice pops with sugar-free squash, and add some fresh fruit pieces if you want.