

Ideal snacks for everyone

Many people feel guilty about eating between meals believing that all snack foods are bad for us. The fact is that snacking is totally normal and an acceptable part of both children's and adult's diets. Snacks make a valuable contribution to our overall nutrient intake and the right choice of snack foods can help us to reach our daily vitamin and mineral requirements. Remember we should all be aiming for 5 + a day of fruit and vegetables.

Healthy snack ideas

- Fresh fruit such as apples, oranges, banana, peaches, nectarines, melon
- Dried fruit and seeds
- Home made popcorn
- Vegetable sticks e.g. carrot, cucumber, celery
- Wholemeal crackers
- Rice crackers with a *little* low fat dip
- Wholemeal toast thinly spread with low fat spread
- Wholegrain breakfast cereal
- Mini muffin with fruit such as blueberry
- Lower fat biscuits such as arrowroot or digestive
- Low fat yoghurts
- Smoothies



Tip!
Plan your snacks at regular intervals rather than grazing all day. Aim for mid-morning, mid-afternoon and early evening.

Tip!
Remember that snacks are smaller than meals, so watch the portion size!

Tip!
For every day snacks choose those that are high in nutrients such as fibre, vitamins and minerals.

Tip!
Plan ahead and make sure you have a range of snacks to hand.



Tip!
Don't use snacks as an alternative to proper meals.

