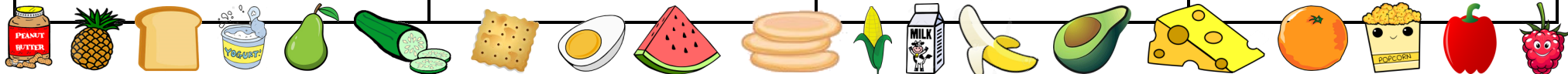




Suggestions for Healthy Snacks for Children aged 1 to 5

Choose one veg or one fruit portion (alternate each snack and serve a variety of colours each week)		Plus one calcium/protein portion	Plus one starch portion
20 kcal	20 kcal	80kcal	30 kcal
1 - Fruit	2 - vegetables	3 – Calcium or protein	4 - Starch
<i>Portion: 40g (e.g. child's handful)</i>	<i>Portion: 40g (e.g. child's handful)</i>	<i>Portion: variable</i>	<i>Portion: variable</i>
Apple slices	Cherry tomatoes (cut into quarters)	2 tablespoons plain yogurt or plain fromage frais	1 large rice cake
Banana slices	Raw broccoli or cauliflower cut into small florets	2 tablespoons cottage cheese	1 large breadstick
Seedless grapes (cut into quarters)	Carrot cut into sticks	1 tablespoon smooth peanut butter*	½ thin slice of toast or bread
Kiwi	Cucumber cut into sticks	20g cheddar cheese square/1 slice	1 cream cracker
Melon slice	Mangetout	2 tablespoons humous	5g plain popcorn (1/2 cup)
Pineapple slice	Red and yellow pepper sticks	2 cheese triangles	1/3 crumpet
Small Satsuma	Baby sweetcorn	1 tablespoon oily fish pate	1/5 pitta bread
Pear slices	Celery cut into sticks	100ml full-fat milk (under 2's) OR 200ml semi-skimmed milk (over 2's)	2 cracker breads
Tablespoon of berries	Avocado slice (thin)	Hard boiled egg	1 Ryvita



Snippets on Snacks



Good practice

Make snacks fun!

Every snack counts – **the Snack List gives examples of each food group needed in a balanced snack**

Encourage the children to try **a wide variety** of foods during each week: expose, expose, expose!

Avoid dried fruit for snacks – not so good for little teeth

New foods

From 2 years old, children become wary of new foods: it is important to include a wide variety of foods & flavours before this age

A child needs to try a new food **at least 13 times** before they may accept it

Be positive about a new food – even if you don't like it!

Food refusal

Food refusal is a **normal stage**

Boundaries need to be set to avoid a narrow diet – the earlier boundaries are set, the easier it is

Offer snacks and allow sufficient time for children to eat – if the snack is not eaten, remove but do not offer an alternative

Avoid allowing children to fill up on other snacks / milk later

Challenging behaviour

If a child displays difficult behaviour at the table, deal with this in the normal way, e.g. time out

Never using time out for not eating and do not use food as a reward

Role modelling

Children learn eating habits from the adults around them

Eat healthy snacks with the children & **always be positive** about the food and drink