



Healthy Snacks

A guide for children aged 1 - 4

Healthy snacks are a very important part of the diet of young children and may be offered 2 to 3 times each day. Here are some healthy snack ideas – for at home or on the go. Some days your child may be hungrier than others and need filling healthy snacks between meals. Readymade bars aimed at this age group can be high in sugar. It is always best to choose unprocessed snacks.



Light snacks for between meals



Small pieces of fruit



Small pot of yogurt



Sliced cucumber sticks



Breastfeed or glass of milk



Sliced, hard-boiled egg



1-2 crackers

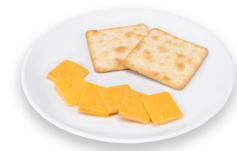


1-2 breadsticks



1 plain rice cake

Filling healthy snacks for between meals



Cheese with 2 crackers



½ bagel with lightly spread peanut butter



2 breadsticks with hummus



Small slice of fruit loaf



Slice of toast with mashed or chopped banana



Small bowl of breakfast cereal and milk



½ wholemeal scone with spread



Small bowl homemade or readymade soup

Snack Right!

Limit dried fruit to once a week because dried fruit contains sugar, is sticky and is not kind to teeth.

Custards and rice puddings also contain calcium and can be offered a few times a week.

Offer vegetables, salad or fruit as snacks.

Offer your child smooth nut butter **without** added sugar and salt.

Try not to use foods high in fat, sugar or salt as a reward or to comfort your child.