



## HEALTHY SNACKS FOR UNDER 5s

Young children require energy to help them grow, develop and reach their maximum potential. Snacking can be a useful way of ensuring that young, growing bodies are meeting their energy requirements. However, to avoid predisposing your children to developing a preference for foods that are unhealthy, it is important that the snack foods you provide are healthy, and low in sugar, fat and salt.

### Stuck for healthy snack ideas? Why not try some of the following?

- Fresh fruit such as apples, grapes, strawberries, mandarins, pears, plums, apricots, bananas, kiwi fruit, nectarines and oranges
- Carrot, zucchini or celery sticks combined with healthy dips e.g. hommus or mashed avocado (crunchy vegetables can be softened by steaming for very young children)
- Tinned fruit in natural juice or preserved fresh chopped fruit with a generous squeeze of lemon juice and 2 tablespoons of fruit juice
- Small quantities of dried fruit (e.g. sultanas, dried apples, dried apricots)
- Trail mixes of dried fruit with a plain cereal (e.g. mini wheats, rice puffs)
- Fruit salad with yoghurt or custard
- Fruit slushies – simply blend fruit, add extra water if the mixture is too thick, and then freeze
- Fruit mixed with coconut (e.g. pineapple pieces mixed with desiccated coconut)
- Frozen fruit (e.g. oranges, bananas, watermelon, grapes)
- Smoothies – simply blend yoghurt, milk and fruit such as bananas and berries (strawberries, raspberries, blueberries)
- Yoghurt or custard
- Yoghurt sprinkled with muesli and fresh or tinned fruit
- Cheese slices or cheese sticks either on their own or with low fat crackers
- Raisin or fruit toast or fruity English muffins
- English muffins with ricotta cheese and banana

- Rice cakes with low fat toppings such as vegemite or ricotta cheese
- Weet-bix™ or other low fat, low sugar cereals with milk
- Pikelets topped with chopped fruit (such as bananas and berries) & ricotta cheese
- Vegetable pikelets or savoury scones made with grated vegetables and added cheese on top
- Jaffles filled with baked beans or mashed potato and cheese
- Baked potato filled with tuna or creamed corn and topped with cheese
- Fruit Flowers – balls of melon surrounded by orange segments with a stem of banana
- Traffic Lights – rounds of kiwifruit, watermelon and banana
- Pita bread nachos – pita bread slices baked in the oven until crisp and then sprinkled with cheese
- Microwaved scrambled eggs which can be cooked with frozen corn and grated cheese – this simple snack can be ready in only 30 – 60 seconds!
- Hard boiled eggs
- Vegetable, meat or tuna patties that can be served hot or cold
- Hot filo based pastries filled with vegetables and meat
- Small tins of baked beans or spaghetti

There is no excuse now - it's time to get snacking!