

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Healthy Snack Choices

This information, with its food examples, is intended for educational purposes only and does not constitute SCHN/JHCH endorsement of any particular branded food product.

Snacks using home based items such as fruit, vegetables, breads, low fat cheese, low fat milk and yoghurt and low fat crackers are the easiest, healthiest and cheapest snack foods. Healthy commercial foods have been included in this list of healthy snack ideas for variety but as food products are constantly changing and new products come into the supermarkets use the guidelines below to make the healthiest choices when buying commercial products.

BREAD AND BREAD EQUIVALENTS

- 1 slice wholegrain bread with topping eg 1 slice low fat cheese or 100g tin Tuna in water
- 3 VitaWheats™ or 4 Corn Thins™ plus 2 slices low fat cheese
- 3 VitaWheats™ or 4 Corn Thins™ with cottage or low fat cream cheese and sliced tomato and cucumber
- 1 Mountain bread™ wrap filled with meat/chicken/cheese and salad filling

- 1 mountain Bread™ with peanut butter and lettuce
- 1 Sushi roll
- 1 cup air popped popcorn
- Jaffle made with 2 slices bread and ½ cup baked beans or tinned spaghetti or a slice of cheese
- Packet low fat pretzels

CEREALS

- 1 cup wholegrain breakfast cereal and low fat milk

FRUIT AND VEGETABLES

- ½ cup of frozen peas or corn kernels
- Cut up vegetable sticks with 2 tablespoons of hommos, low fat dip or salsa
- ¾ cup of frozen orange segments or grapes or ½ banana that has been peeled and frozen

MILK

Look for products with less than: 150kcal (630kJ), 3g fat & 20g carbohydrate per serve

- Fruit smoothie made with 1 glass low fat milk and small banana/strawberries/berries/tinned apricots
- 1 cup low fat milk with 2 teaspoons Milo™
- 1 popper of Devondale Smoothie™ or Calci Yum™ Milk

CHEESE

Look for products with less than 4g fat per serve

- Munchables™ Light Cheese and Crackers
- Babybel™ mini light cheese, Bega™ stringers, Bega™ super slims, Philadelphia extra light cream cheese mini tub (40g), 2 tablespoons low fat cottage cheese and vegetable/salad sticks

YOGHURT

Look for products with less than 100kcal (400kJ), 3g fat and 20g carbohydrate per serve

- 1 small tub yoghurt (100 – 170g) eg Forme™ No Fat, Chobani™ Fat Free, Vaalia™ Low fat, Devondale™ Thick and Creamy
- 1 tub Nestle™ Diet or Aero Mousse

ICE CREAM AND ICE BLOCKS

- 1-2 scoops low fat ice cream: Peters™ Light and Creamy
- Streets Paddle Pop™

Remember

- Eating regular meals, including morning and afternoon tea, are an important part of a child's day
- Snack choices need to be nutritionally balanced to ensure healthy growth and development
- Food-free time between meals and mid-meals is important rather than continually snacking to encourage awareness of hunger