

A Little More Time Healthy Snack Ideas

Try to offer your child a variety of snacks that include plenty of fruit & vegetables.

Here are a couple of ideas to get you started.

Chapatti & carrot sticks with natural yoghurt for dipping



Wheat biscuits with milk and sliced strawberries

Cream crackers with cream cheese and cucumber sticks



Pitta bread with cottage cheese & apple slices

Breadsticks with hummus and pepper sticks



On the Go! Healthy Snack Ideas

Having snacks ready for when you are out and about with your child is a great cost saver.

Here are a couple of quick, transportable nutritious snack ideas you could try.

Small banana Tangerine or Satsuma



Plain breadsticks with grapes sliced lengthways into halves or quarters

Pineapple slices tinned in natural juice with cheese



Rice cakes with smooth peanut butter & celery



All the ideas suggested in this leaflet may need adapting to reflect your child's stage of development with food textures.

Images are for illustration purposes only.

Suitable Drinks for Young Children

Encourage children to drink regularly throughout the day. Plain water & milk are the best options.



Water quenches thirst without harming teeth.

From 12 months of age full fat or semi skimmed cow's milk can be given as a drink.



Fruit juices and smoothies are not suitable for children under 1 year of age. For children under 5, dilute 1 part juice to 10 parts water. Offer a small cup at a mealtime to protect teeth.



This document is available in Welsh . Mae'r ddogfen hon ar gael yn Gymraeg.

Speak to your Health Visitor or Community Nursery Nurse for more information.

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A Quick Guide to Healthy Snacks for Young Children



Children need healthy snacks between meals. They provide energy and important nutrients needed to help them grow, develop and learn.



Here are some top tips for super snacks!

Include a starchy carbohydrate such as breadsticks, toast & chapatti.

Include some fruit or vegetables in each snack.

Snacks can include a dairy option such as yoghurt, milk or cheese.

Snacks can include a protein option such as fish, meat & beans.

Offer plain milk or water at each snack.

Best snack options are those low in sugar and salt.

Get children involved in preparing snacks.

Keep dried fruit to mealtimes to protect teeth.

Make snack time social and eat together

