

# Healthy snacks

All children over 2 years of age should be offered child sized portions of fruit and vegetables with some snacks (approximately their own handful/40g)

\*Visit our website [www.nippersnutrition.co.uk](http://www.nippersnutrition.co.uk) for recipe ideas



**Nippers' Nutrition Programme**





## Choose at least two types of fruit or vegetables

Vegetables For health	Fruit (fresh only) To fight disease
1 small celery stick, cut into sticks	Apple slices 
Raw broccoli or cauliflower, cut into mini florets	Banana slices
Carrot, cut into sticks	Seedless grapes, cut into quarters
Cucumber, cut into sticks	Kiwi fruit
Mangetout	1 small slice of melon or fresh pineapple
Red and yellow pepper sticks	Nectarine, stone removed
Baby sweetcorn 	1 small orange, clementine or satsuma
Avocado dip*	Pear slices
Assorted salad leaves	1 plum, stone removed
Cherry tomatoes, cut into quarters	1 tablespoon of berries

## Plus one carbohydrate

Carbohydrates For energy
Plain popcorn
Crackers, oatcakes
Pasta pieces
Plain rice cakes
Tortilla wrap
Wholemeal pitta bread
Bread sticks
Bread 
Crumpets
Melba toast

## Plus a source of calcium and/or protein

Calcium For strong bones/teeth	Protein For growth
A few spoonfuls of natural yoghurt in a small pot	Chicken slices
Grated/sliced cheddar cheese	Smooth peanut butter
Cottage cheese 	Hard boiled egg 
Cream cheese	Oily fish pate*
Glass of milk	Houmous*
Nibbles of different types of cheese	Butter beans (also an iron rich vegetable)
A few spoonfuls of plain fromage frais in a small pot	Mini omelette*
Cheese spread triangle, check salt level	Chickpeas (also an iron rich vegetable)
Plain greek yoghurt	Mini falafels*
Mint and cucumber yoghurt dip*	Sardines