

Healthy snacks for families

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 for recipe ideas



Nippers' Nutrition Programme



Offer variety:

- Foods from 2-3 different groups at each snack time
- A rainbow of colours throughout the day

Between meals avoid:

- Dried fruit, fruit bars, juice and smoothies
- Breakfast cereals, cereal bars, sweet yoghurts

Vegetables For health	Fruit (fresh only) To fight disease	Carbohydrates For energy	Calcium For strong bones/teeth	Protein For growth
1 small celery stick, cut into sticks	Apple slices	Plain popcorn	A few spoonfuls of natural yogurt in a small pot	Chicken slices
Raw broccoli or cauliflower, cut into mini florets	Banana slices	Crackers, oatcakes	Grated/sliced cheddar cheese	Smooth peanut butter
Carrot, cut into sticks	Seedless grapes, cut into quarters	Pasta pieces	Cottage cheese	Hard boiled egg
Cucumber, cut into sticks	Kiwi fruit	Plain rice cakes	Cream cheese	Oily fish pate*
Mangetout	1 small slice of melon or fresh pineapple	Tortilla wrap	Glass of milk	Houmous*
Red and yellow pepper sticks	Nectarine, stone removed	Wholemeal pitta bread	Nibbles of different types of cheese (avoid mould ripened)	Butter beans (also an iron rich vegetable)
Baby sweetcorn	1 small orange, clementine or satsuma	Bread sticks	A few spoonfuls of plain fromage frais in a small pot	Mini omelette*
Avocado dip*	Pear slices	Bread	Cheese spread triangle, check salt level	Chickpeas (also an iron rich vegetable)
Assorted salad leaves	1 plum, stone removed	Crumpets	Plain greek yoghurt	Mini falafels*
Cherry tomatoes, cut into quarters	1 tablespoon of berries	French toast	Mint and cucumber yoghurt dip*	Sardines

