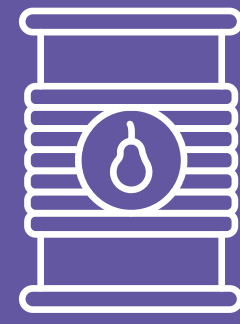


# Snack Swaps

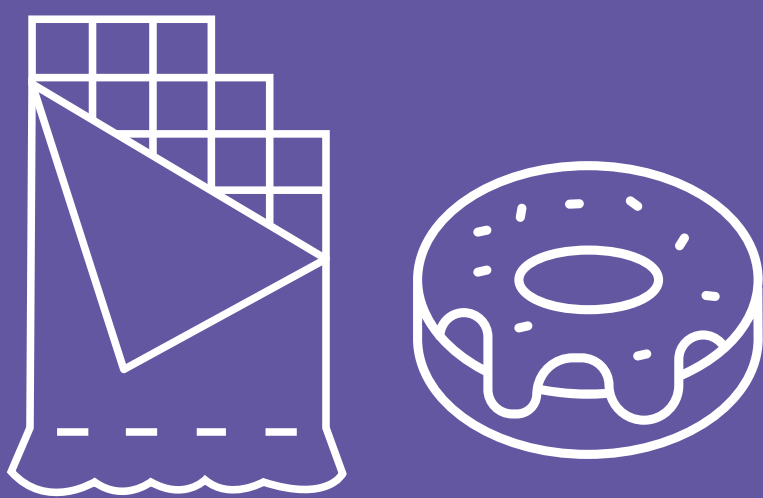
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Fresh or tinned (in juice) fruit.



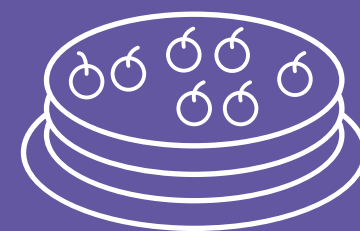
Vegetable sticks e.g. carrot, cucumber, celery, pepper, sugar snap peas (with home-made dips such as houmous or tomato salsa – see salsa recipe. Or shop bought reduced fat houmous).



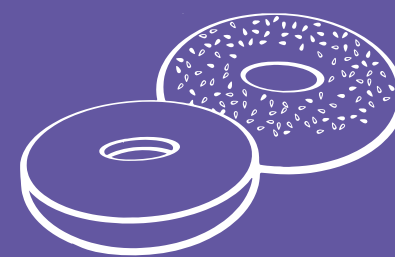
Chocolate bars, biscuits, doughnuts, muffins, flavoured popcorn, cakes & other sugary snacks.



Slice of malt loaf (with chopped fruit on top).



Scotch pancakes (with chopped fruit on top).



Toasted teacake.



Sugar free jelly.

[Click here for recipes](#)

# Snack Swaps

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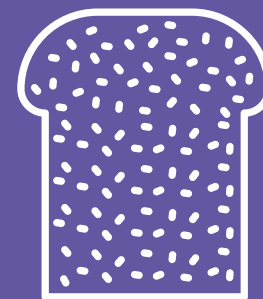
Vegetable sticks e.g. carrot, cucumber, celery, pepper, sugar snap peas with home-made dips (e.g. salsa) or shop bought reduced fat houmous.



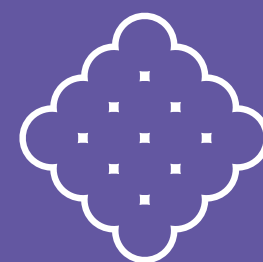
Crisps, cheese biscuits / straws / twists, coated / flavoured mixed nut snacks, coated / flavoured popcorn.



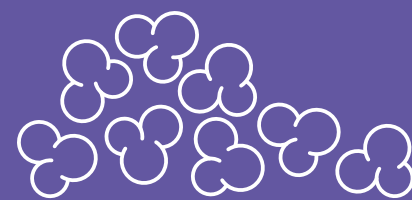
Mini tomatoes (sliced in half lengthways for younger children).



Toasted wholemeal bread, bagel, pitta or chapatti (with reduced fat spread, sliced banana or sliced tomatoes on top).



Plain crackers / rice cakes / oat cakes with thin layer of cheese (low fat for over 5s).



Plain home-made popcorn.



Small handful plain nuts. (Do not give whole nuts to young children due to choking risk.)

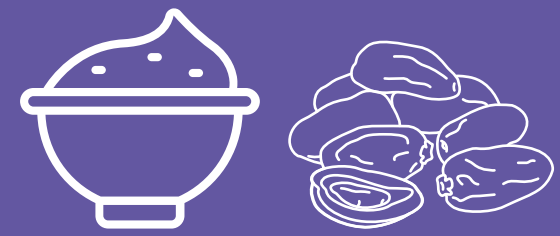
[Click here for recipes](#)

# Snack Swaps

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**High sugar yoghurts / split pot yoghurts / chocolate & dessert style yoghurt pots.**



**Plain yoghurt with chopped fruit (+ low fat for over 5s).**



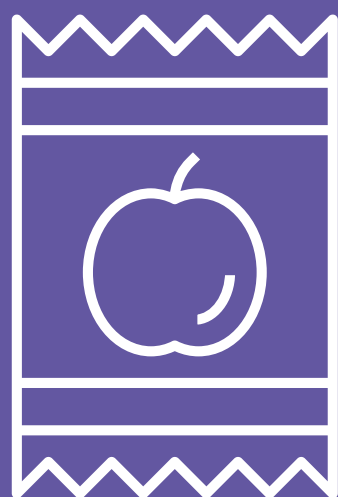
**Swap for lower sugar fromage frais.**



**Lower sugar yoghurts (+ low fat for over 5s).**

[Click here for recipes](#)

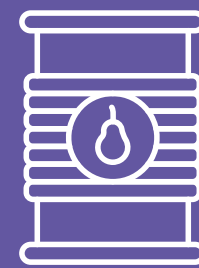
# Snack Swaps



Pre-packaged infant snacks – fruit bars, purees, dried fruit snacks / jellies, fruit sweetened biscuits, savoury puffs.

## Benefits of swapping pre-packaged snacks

- Can be cheaper than commercial infant snacks.
- Less package waste.
- Higher in fibre and other important nutrients.
- Lower in sugar, better for dental health.
- Encourages healthier eating / snacking habits.
- Promotes enjoyment of foods children will eat long term.
- Familiarises children with healthier foods from a young age.



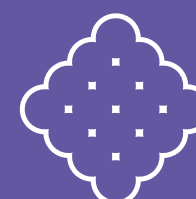
Swap for a variety fresh or tinned (in juice) fruit.



Vegetable sticks – e.g. cucumber, carrot, celery, courgette, sugar snap peas.



Homemade dips such as houmous, tomato salsa, mashed bean, mashed fish.



Plain rice cakes, oat cakes, plain crackers with thin slices of hard cheese or soft cheese.



Mini tomatoes (sliced in half lengthways).



Sliced boiled eggs.



Pitta, English muffin, plain bagel or toast fingers with soft cheese.

[Click here for recipes](#)

# Snack Swaps

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## Top tips

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- Try to have two snacks a day max.
- Keep to regular mealtimes to help reduce snacking in between.
- Swap to snacks that are a good source of vitamins, minerals and fibre.
- Fruit and vegetable snacks are a great choice.
- Choose fruit and vegetables in season.
- Make snacks fun and get the kids involved.
- Remember children under 12 months old don't need snacks between meals.
- Try including fruit or vegetables within each snack, such as cheese and crackers with tomatoes on the side. See our [homemade snacks recipes](#) for more ideas.
- Plan ahead if you can and make a list before you go shopping.
- Check the labels and swap for items lower in sat fat, sugar and salt.
- Traffic light labelling can help you make healthier food choices. Swap foods with reds on the label for ones with more greens and ambers.

[Click here for recipes](#)