

Healthy snack ideas for children

(2 years and older)

Snacks often make up nearly half of your child's daily food intake so choosing healthy snacks is best. Here are some ideas for snack foods from the five food groups.

Bread and cereal group

- > Bread, sandwich or toast (plain or with a nutritious topping e.g. Vegemite, peanut paste, cheese)
- > English muffin or crumpet with topping including pizza muffin
- > Pikelet or pancake
- > Noodles or pasta with tomato based sauce and cheese
- > Crackers or rice cake with dip or spreads
- > Pita/mountain bread made into pizza or cut up with dip
- > Raisin toast (fruit loaf)
- > Breakfast cereal (dry or with milk)
- > Air popped popcorn

Fruit and vegetable group

- > Fresh fruit
- > Fruit juice (limit to 200mL/day)
- > Frozen fruit juice ice blocks
- > Dried fruit
- > Fruit snack packs in juice
- > Fruit smoothie (fruit blended with milk and/or yoghurt)
- > Raw veggies cut up with dip/peanut butter
- > Corn on the cob
- > Vegetable soup

Meat and meat alternatives group

- > Baked beans
- > Rolled slices of lean sandwich meat
- > Hard/soft boiled egg
- > Wedges of omelette
- > Nuts (only for older children)

Milk and milk alternatives group

- > Milk as a drink (limit to 600mL/day)
- > Custard or yoghurt
- > Calcium fortified soy, milks/yoghurts
- > Cheese; sliced, cubed or grated

Source: PPRHS Dietetics Dept, Government of South Australia. Apr 2014

For more information

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