

# Choose healthy snacks

Healthy snacks help meet kids' nutrition needs. Choose snacks based on:

- vegetables
- fruit
- milk
- cheese
- yoghurt
- wholegrain breads, crackers and cereals

## TIPS TO PLAN HEALTHY SNACKS



Include a vegetable and fruit snack each day



Keep a range of healthy snacks in the fridge and pantry



Get your kids to help prepare snacks



Cut up vegetables and fruits so they are easier to eat



Show kids you enjoy eating healthy snacks



## WHAT IS A HEALTHY SNACK?

Include fresh foods & wholegrain varieties as snacks

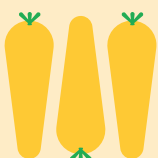


High fat and sugar snacks • no more than 1 a day • only a small serve



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HEALTHYEATING  
ACTIVE LIVING