



**SUGAR
SMART**

Healthy snacks



Healthy
Under 5s

Healthy Cornwall

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Healthy snacks



- Try to eat foods from 2-3 different groups at each snack time
- Eat a rainbow of colours throughout the day

Avoid sugary snacks which can damage teeth:

- Dried fruit, juice and smoothies
- Breakfast cereals, cereal bars, sweet yoghurt
- Sweets, cake, biscuits and chocolate

Carbohydrates

- Plain popcorn
- Oatcakes
- Pasta pieces
- Plain rice cakes
- Tortilla wrap triangles
- Toasted pitta bread strips
- Breadsticks
- Plain crackers
- Slices of a crumpet
- Corn crackers
- Crackerbread

Protein

- Smooth peanut butter
- Hard boiled egg pieces
- Houmous
- Mixed bean salad
- Mini omelette
- Sardines
- Chickpeas
- Slices of meat
- Chicken strip

Dairy and alternatives

- Natural yoghurt
- Grated / sliced cheddar cheese
- Cottage cheese
- Cream cheese
- Glass of milk
- Plain fromage frais
- Cheese spread triangle (check salt level)
- Fortified soya yoghurt
- Edam
- Mozzarella balls

Fruit and vegetables

- Celery sticks
- Carrot sticks
- Cucumber sticks
- Mange tout
- Pepper sticks
- Baby sweetcorn
- Cherry tomatoes (cut smaller)
- 2-4 olives (Rinsed well if in brine)
- Raw / steamed broccoli or cauliflower florets
- Tomato salsa
- Apple slices
- Banana
- Seedless grapes (cut into quarters)
- Kiwi fruit
- Pear slices
- Nectarine
- Small orange, clementine or satsuma
- Berries
- Melon or fresh pineapple
- Plum, stone removed
- Mango