

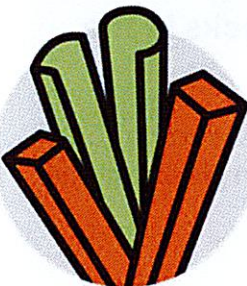
9 top tips for healthier snacking



1. After-school ideas

Swap biscuits, sweets and chocolate muffins for healthier snacks like fruit and chopped veggies, plain rice cakes, toast with lower fat spread or a fruited teacake.

[More snack swap ideas](#)



2. Fill the fridge

Have chopped and ready-to-eat fruit and veg, like apple, carrot, cucumber, celery, peppers, peeled satsuma segments, strawberries, halved grapes, tinned pineapple or melon slices pre-prepared for an easy snack kids can eat with their fingers.



3. Cut and colour

Offer kids a range of brightly coloured fruit and veg cut into different shapes or draw funny faces on a banana or satsuma.



4. Nuts and seeds

Nuts and seeds are a healthier snack, but they're high in energy, so remember to keep an eye on the amount you eat and do not give whole nuts to kids under 5.



5. Get the kids involved

Try making snack time exciting and more hands-on. Get your child involved by getting them to prep what they're going to eat. They'll love chopping it up themselves!



6. Have it to hand

Have a fruit bowl in the house so fruity snacks are nearby when your kids are peckish.



7. Pack a snack

Save money and time when you're out and about by taking bananas, apples or chopped-up vegetables with you.



8. Leave it on the shelf

The simplest trick in the book: if you don't have sweets in the house, you cannot eat them. You will save money, too!



9. Watch the teeth!

Dried fruit counts towards your 5 A Day – but it can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



10. Liquid sugar

A drink with a snack can be a double sugar overload. A chocolate bar and juice pouch together can contain around 8 cubes of sugar — that's more than the maximum daily amount of added sugar in 1 snack session! So, swap sugary and fizzy drinks for diet or no added sugar drinks, lower-fat milks or water.

Choosing healthier snacks in the shops

If you're short on time, here are some good ideas for snacks that you can pick up in the shops:

- a slice of malt loaf
- lower-fat, lower-sugar fromage frais
- plain rice cakes or crackers with lower-fat cheese
- sugar-free jelly
- a crumpet
- a scotch pancake

