

Snacking

What is a snack?


- Snacking is a part of our usual eating pattern for many people.
- A snack is considered any food or drink consumed outside of our structured meal times.
- This does not include water, zero/low calorie drinks or low fat milk.

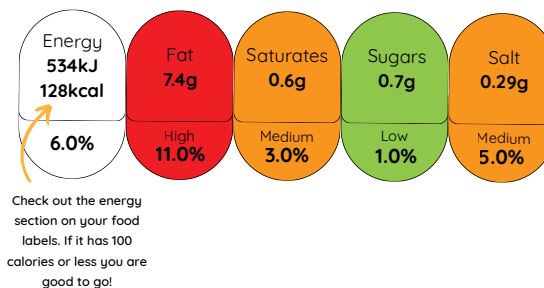
Do we need snacks?

- Many people think that we should avoid snacks all together as they are 'unhealthy' but actually snacks can be an important part of a healthy and balanced diet
- We can often feel hungry between meals and therefore snacks can be an useful in helping us to satisfy our hunger - as long as we choose them carefully!
- Snacks can however impact our lifestyle when we eat them too frequently or select too many high calorie options.
- Often we snack due to reasons other than hunger such as boredom or thirst. If you've recently eaten try a 10 minute activity or a drink of water first. Then wait a little while and see if you're actually still hungry.
- To help us snack wisely, we should think about choosing options from a variety of food groups to ensure we are getting a range of nutrients.

Snack Guidelines

- Fruit and vegetable snacks are always the best choice as they contain important vitamins and minerals.
- If children are having packaged snacks, we should try to select options that are 100 calories or less.
- It is important that we try to have no more than two snacks per day.

 How do I know if my snack is under 100 calories?



Sensible Snacking

Helping your child cut down on snacking or to make healthier choices can be challenging, and it's completely normal to find it difficult at times. Kids often reach for quick, sugary snacks because they're easy, tasty and familiar. Sensible snacking means choosing foods that help your body stay strong and fuelled with energy. It is important that we encourage children to choose healthier snacks most of the time but also understand that enjoying treats now and then is part of having a healthy, balanced life too!

Try offering a range of choices so they feel involved in the decision making process, and keep healthier snacks easy to see and grab. Little changes, made consistently, can help your child build better habits without feeling pressured or restricted.

[100 Calorie Snack Ideas](#)

- Malt loaf
- Vegetable sticks with a low fat dip
- Sugar free jelly
- Plain popcorn
- Low fat yogurts
- Teddy faces crisps
- Many snack size chocolate bars are under 100 calories - check your labels
- A medium apple
- String cheese
- A portion of strawberries
- Rice cakes with soft cheese

💡 Top Tip: If you're having a snack from a sharing bag/container, measure out one serving into a small bowl to prevent you from eating more than you need.