

# TUCKER TALK TIPS **4** kids

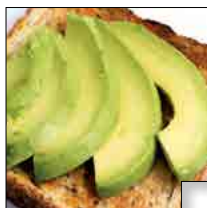
## SNACKS for primary schoolers



### MY MESSAGE TO YOU

Children have small stomachs and need a lot of energy for growth and development, so snacks between meals are a good idea. Children should have 2-3 healthy snacks every day. Foods that are lower in fat, sugar and salt are best.

## HEALTHY SNACK IDEAS



### GRAINS (Wholemeal/wholegrain)

- Toast (toppings: avocado or banana, tomato or a boiled egg)
- Fruit bread
- Rice, oat or corn cakes with reduced fat cream cheese
- Wholegrain crackers with reduced fat cheese or hommus and tomato



### FRUIT

- Cut-up fresh fruit
- Fruit kebabs
- Frozen fruit (e.g. frozen orange wedges or frozen grapes)
- Stewed fruit with custard
- Tinned fruit in natural juice
- Small amount of dried fruit (e.g. sultanas, apple, pear, apricot)



### VEGETABLES

- Vegie sticks with hommus
- Corn on the cob
- Cherry tomatoes
- Small baked potato (topped with reduced fat cheese)
- Vegie and noodle soups



### LEAN MEAT/PROTEIN FOODS

- Cold lean meat (e.g. sliced lean ham, chicken breast, turkey, roast beef)
- Small tin of tuna
- Baked beans
- Canned bean mix
- A boiled egg



### DAIRY (mostly reduced fat types for children aged over 2 years)

- Tub of yoghurt
- Plain milk
- Fruit smoothie (e.g. banana, milk, yoghurt)
- Small cubes of cheese



### DRINKS

- Tap water is the best drink
- Plain milk (reduced fat)



VACCHO

Produced by the Victorian Aboriginal Community Controlled Health Organisation and Better Health Company. Illustrations by Brayden Williams.

[www.vaccho.org.au/nutrition](http://www.vaccho.org.au/nutrition)



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## AVOID HIGH FAT AND SUGAR SNACKS

Sugary, fatty foods and drinks are often low in nutrients that your child needs to be strong and healthy.

- Too much of these foods can lead to children becoming overweight
- Sticky, sugary foods and drinks can cause tooth decay
- These snacks should be given to children only sometimes and in small amounts
- Avoid offering these foods in place of healthy snacks

## WHAT'S IN THAT SNACK?



FRUIT BAR



1 BAR = 5 TSP OF SUGAR



SOFT DRINK



1 CAN = 10 TSP OF SUGAR



CHOCOLATE BAR



1 BAR = 3 TSP OF FAT + 6 TSP OF SUGAR



SWEET BISCUITS



2 CHOC BISCUITS = 2 TSP OF FAT + 3 TSP OF SUGAR



POTATO CHIPS



1 SMALL PACKET = 3 TSP OF FAT



CORDIAL



1 GLASS (250ml) = 5 TSP OF SUGAR

# Healthy Snacks – Too Deadly!

