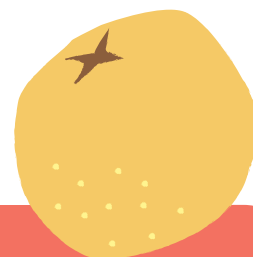


SNACK GUIDE

CHOOSE ONE FROM EACH GROUP

FRUITS AND VEGGIES



Thin apples slices*
Grapes*
Banana slices
Pear quarters
Raspberries
Strawberries
Blueberries
Orange quarters
Mandarins

Tinned Fruit (in natural juice)
Frozen fruit (cooked)
Dried Apricots*
Prunes*
Raisins
Grapefruit quarters
Kiwi halves

Cup of veggie soup
Cucumber Sticks
Thin red or yellow pepper sticks
Leftover steamed veggies
Peas*
Avocado slices

Cherry Tomatoes*
Carrot Sticks*
Grated Carrot
Celery*
Corn on the cob



WHOLEGRAINS

Wholegrain crackers
Plain rice cakes
Oat cakes
Wholegrain toast
Breasticks
Bagel
Wholegrain wrap
Popcorn*

Wholegrain low sugar cereal like reduced sugar
Cheerios
Strips of pita bread
Small scone
Pancake
Homemade mini muffin

PROTEIN/FATS/DAIRY



Hard-boiled eggs
Smooth Nut Butters
Unsalted Nuts*
Baked Beans
Butter Beans*
Hummus
Lentil Soup
Salmon Pate (tinned salmon with cream cheese or yoghurt)

Milk
Yoghurt
Cheese-grated or cubes or sticks
Slice turkey or chicken
Cream Cheese
Mashed avocado
Milled seeds

*YOUNG CHILDREN

Big chunks of food can be dangerous for children under 5 years and cause choking. Grate or slice raw veggies and hard fruits lengthways or cut into small pieces or serve cooked. Squash peas and other round foods. Don't offer chopped or whole nuts, seeds or popcorn.

