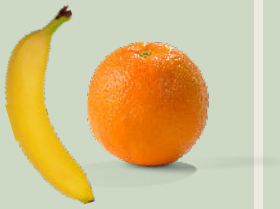
HEALTHY SNACKS

Healthy snacks can provide children with energy as well as a range of essential nutrients such as protein, vitamins, minerals and fibre. Snacks also help to regulate children's appetites. Toddlers usually need between 1 - 3 snacks throughout the day.

Here are some tips to keep in mind:

- Choose a snack that contains 2-3 food groups (e.g. dairy, grains, fruit, vegetables, proteins).
- It's up to you to choose what is on the menu.
- Always include something you know your toddler likes to eat.


Fruit


Vegetables


Vegetable sticks & dip


Edameme beans


Wholegrain rice crackers & cheese


Celery with nut butter


Wholegrain crackers & cottage cheese


Corn on the cob


Smoothie


Wholegrain crackers & peanut butter


Multigrain rice cakes with toppings


Boiled egg


Yoghurt


Pinwheels


Bliss ball


Dried fruit


English muffin pizza


Pikelets


Beans & lentils


Muesli bar


Pita bread & dip


Healthy muffin


Frozen smoothie popsicle


Fruit kebab


Omelette

THE BITING TRUTH