

Healthy Snacks and Drinks

- ❖ Fruit (fresh, tinned in juice)
- ❖ Dried fruit (raisins, apricots, banana, cranberries)
- ❖ Homemade milkshakes/smoothies made with fruit (these can also be frozen to make healthy lollies)
- ❖ Sugar free drinks
- ❖ Vegetable sticks
- ❖ Bread sticks
- ❖ Fruit bread – small amount
- ❖ Malt loaf
- ❖ A handful of dry low sugar cereal with some raisins or sultanas
- ❖ A banana, frozen in it's skin and serve as a lolly
- ❖ Homemade popcorn (without added sugar or salt)
- ❖ Pumpkin and sunflower seeds
- ❖ A handful of frozen peas, they are really nice
- ❖ Raw chunks of low sugar jelly
- ❖ Sugar snap peas
- ❖ Fruit dipped in low fat yoghurt, place into the freezer for half an hour before you serve them so the yoghurt goes hard

All of the above are healthier snack choices but remember to only eat in small amounts and think about what you put on them? For example a fruit bread, would you add butter or low fat margarine or eat it plain?