

Choose healthy snacks

Healthy snacks help meet kids' nutrition needs. Choose snacks based on:

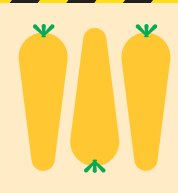
- vegetables
- fruit
- milk
- cheese
- yoghurt
- wholegrain breads, crackers and cereals



High fat and sugar snacks • no more than 1 a day • only a small serve



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HEALTHYEATING
ACTIVE LIVING