






SWEET & SAVOURY SNACK IDEAS

Planning ahead to have some healthy snacks can help reduce stress and stay on track with healthy eating.

Here are some easy swaps for common sweet and savoury snacks to healthier options.



Sweet snack ideas

Swap this	For this		Extra tips
Sweet biscuits (for example milk arrowroot)	→ Pikelets		Add fruit/vegies to the pikelet mix if making your own
Sweet cakes, muffins, & slices	→ Fruit bread		Add nut butter, or make muffins with fruit instead of sugar
Muesli bars	→ Plain yoghurt served with muesli/fruit		If using tinned fruit, choose fruit in natural juice, not syrup
Fruit juice	→ Water		Add slices of fruit, berries, cucumber, or mint for flavour
Flavoured milk	→ Plain dairy or alternative milk		Milk is great for energy, calcium & protein

Savoury snack ideas

Swap this

For this

Extra tips

Savoury Biscuits (for example jatz and shapes)



Flat bread, vegie sticks & dip



Serve different vegies with dip like hummus or tzatziki

Crackers and processed cheese dip packs



Crackers & cheese



Choose wholegrain crackers, and try adding veg slices

Potato chips & Corn chips



Corn thins or rice cakes



Make your own "chips" by baking wholemeal pita bread

Savoury scroll/roll (for example cheese & bacon roll)



Baked beans on toast or English muffin



Buy reduced salt baked beans if available

Sausage rolls & other pastries



Meatballs or vegie patties



Use lean meat and add grated veggies

If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) | [Building Strong Foundations \(BSF\)](#) for [Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community. We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.