

Making What They Eat “Count”



Children are growing fast but have small stomachs, that’s why it’s best that most of the food they eat provides them with nutrients they need for healthy growth and development.

When children fill up on too many unhealthy foods (foods that are high in saturated fat, sugar or sodium), it makes it hard to fit in all the nutritious foods they need.

NUTRIENT SWAPS - MAKING SNACKS COUNT

SWEET BISCUITS



Saturated fat
Added sugar
Refined flour




✓ Fibre
✓ Vitamins
✓ Wholegrains

WHOLEGRAIN CEREAL BITES

FRUIT ROLL-UP



Added sugar
Only 20% fruit (concentrate)




✓ Fibre
✓ Vitamins

APPLE

JELLY CUP



Added sugar




✓ Calcium
✓ Vitamins
✓ Probiotics

YOGHURT

