SWEET & SAVOURY SNACK IDEAS

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

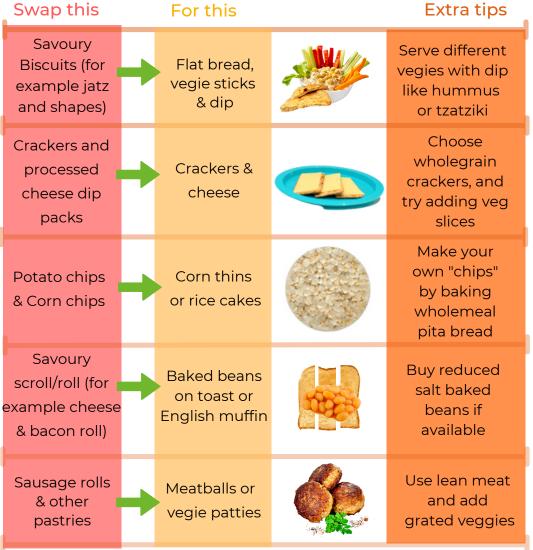
Here are some easy swaps for common sweet and savoury snacks to healthier options.



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



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













