






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.