## SWEET & SAVOURY SNACK IDEAS

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

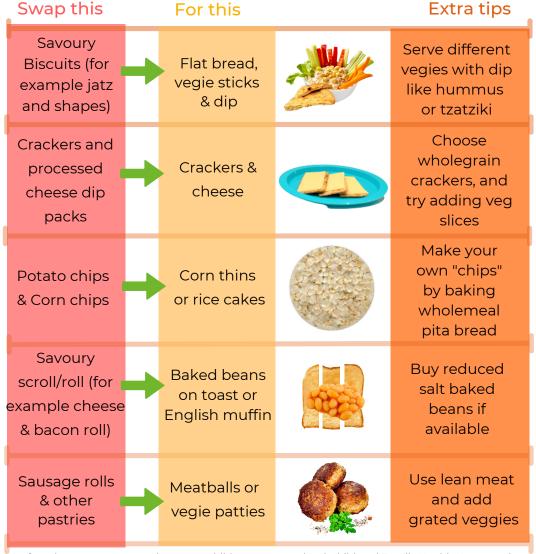
Here are some easy swaps for common sweet and savoury snacks to healthier options.



## 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	V.	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>, <u>Aboriginal Maternal and Infant Health Service (AMIHS)| Building Strong Foundations (BSF) for Aboriginal Children, Families and Communities</u>, or GP.















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.