

Tips for healthy mid-morning and afternoon snacks

Healthy mid-morning and afternoon snacks

- ✓ always includes water or unsweetened herbal or fruit tea
- ✓ consists of a fruit and/or vegetable
- ✓ is varied and sugar free
- ✓ cereal and/or milk products as well as nuts can be added depending on the level of activity and appetite

A balanced snack

- ✓ ideally supplements main meals at school and at home
- ✓ stops that feeling of hunger in between meals
- ✓ tops up energy levels particularly after active breaks and leisure time
- ✓ helps concentration at school
- ✓ ideally includes local and seasonal products
- ✓ if possible it is packed in a practical snackbox which keeps the food fresh and saves on packaging

Variety and mix are satisfying

- ✓ The food shown overleaf can be creatively combined, here are some examples:



Not regularly – but from time to time


- ✓ tropical fruit such as banana, mango, pineapple or papaya (when buying tropical fruit, give preference to organic and fairtrade products)
- ✓ Dried fruits
- ✓ Meat and meat products (e.g. sausage, ham, dried meat etc.) – preferably low fat
- ✓ Fruit juice diluted with water

The following items are not recommended

- chocolate, milk and cereal bars
- croissants
- sugared breakfast cereals
- biscuits
- sweetened drinks such as ice tea, cordial, cola, energy drinks etc., artificially sweetened drinks (light/zero)
- sweetened and flavoured milk shakes
- fatty or highly salted products such as pretzel sticks, crisps or salted nuts

Ideas for a well-balanced snack

 eau	 infusion	 pommes	 poires	 raisin	 cerises
DRINK		FRUIT			
 prunes/ pruneaux	 nectarines/ pêches	 mandarines	 oranges	 kiwis	 abricots
 figes	 fruits rouges	 melons	 tomates	 carottes	 concombres
			VEGETABLES		
 poivrons	 radis	 fenouil	 chou-rave	 céleri	 pain complet
 pain mi-blanc	 flocons de céréales non sucrés	 pain croustillant	 galettes de riz	 fromage	 fromage frais
CEREAL PRODUCTS				MILK PRODUCTS	
 séré nature	 yaourt nature	 lait	 noix	 noisettes	 amandes
			NUTS		

 choking hazard for young children