



CORSTORPHINE PRIMARY SCHOOL



BREAKTIME SNACKS

Snack smart! Half of the sugar children consume in their diets come from snacks and sugary drinks. Too much sugar can in the short-term lead to tooth decay and obesity and long-term future health problems such as diabetes. Fruit and vegetables are always the best choice, but if you're shopping for packaged snacks for your children, look for 100 calorie snacks. Snacks designed for children can often have a lot of hidden sugar and salt in them. Government advice can be seen here

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids>

We have created the following traffic light system to help identify healthy snacks for your child. Try to pick your daily snacks from the **GREEN** and **AMBER** sections below:

**RED -
FOODS HIGH IN
SATURATED FATS,
SUGAR AND SALT.
TOO MUCH IS
HARMFUL TO HEALTH**

Crisps
Chocolate
Sweets
Biscuits
Cakes

**AMBER -
CAN BE HIGH IN
SUGAR OR SALT, READ
THE LABELS! AIM FOR
UNDER 10G SUGAR PER 100G**

Cereal bars Malt loaf
Shop bought - Flapjacks,
Granola bars, Muffins,
Scones, Popcorn.
Fruit and sweetened yoghurt
Crackers
Processed cheese

**GREEN -
HEALTHY FOODS WHICH
FILL YOU UP**
Breadsticks Oatcakes
Rice cakes Ryvita
Pitta bread Fresh fruit
Dried fruit Natural cheese
Natural yoghurt with added fruit / seeds
Vegetable crudité Mini sandwiches
* Homemade - Flapjacks, Granola bars,
Savoury / fruit / veg based muffins,
Scones, Popcorn.

*Recipes on school website

You know your children and their appetite best, but the average size of a snack portion should be a child's handful.



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Find more healthy snacks ideas online at:

<http://www.eatingwellmag.co.uk/healthy-snacking-for-kids/>

<https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/snacking.html>

<https://www.eatsamazing.co.uk/family-friendly-recipes/snack-ideas-recipes/75-healthy-on-the-go-snacksfor-kids>