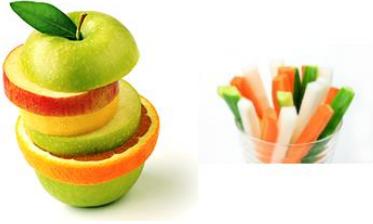


HEALTHY SNACK GUIDANCE

GOOD IDEAS	NOT HEALTHY SNACKS
Fruit and vegetables 	<i>These are NOT healthy snacks and may be enjoyed in moderation as part of a balanced diet, but NOT as break time snacks in school:</i> Fruit winders etc These dried fruit type snacks have a high sugar content and can stick to teeth so are not advised for snacking between meals. 
A small extra sandwich 	 Crisps (only in packed lunches on a Friday) 
Cheese and crackers or yoghurt (be careful of sugar content in some brands) 	Treat bars 
Bread sticks, pretzels, crackers or bread/pita bread 	Cereal bars 
Rice cakes or plain popcorn 	Chocolate biscuits, sweets or chocolate bars 
Malt Loaf 	Pastries or cakes 

HEALTHY SNACK GUIDANCE

DRAFT