


HEALTHY SNACK GUIDANCE

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

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