

Healthy Snacks Ideas



Savoury Snacks

- 1 slice of medium Granary toast with peanut butter/marmite/cream cheese/banana (20g carbs per slice toast)
- 1 mini pitta bread/crispbread and hummus/cream cheese (30g carbs)
- Mini pizza-pita bread with grated cheese and tomato paste (30g carbs)
- ½ Savoury muffin/Bagel with cream cheese (45g carbs)
- 1 crumpet, wholemeal scones with spread (20g carbs)
- Vegetable sticks and dip e.g. hummous, guacamole, salsa
- Cup a soup with pasta
- ½ packet super noodles
- 4-5 Breadsticks with cream cheese
- 100g (½ Mini can) baked beans
- 2 x mini Sausage rolls
- 3 x Crackers and cheese or salsa dip
- 1 small packet Mini ryvita snacks/rice cakes
- 2 x Oatmeal biscuits
- 25g Nachos with melted cheese (36g carbs)

Non-savoury Snacks

- Fresh fruit e.g. 1 banana, 10 medium sized grapes, 2 kiwi
- 1 small bowl of tinned fruit in natural juice (120g)
- ½ tbsp. dried fruit e.g. raisins or apricots
- Glass of milk (150mls)
- 150mls Fruit Smoothie
- 1 small bowl of no added sugar custard / rice pudding
- 1 small bowl of no added sugar Angel Delight or 1 x Angel Delight ice-lollies
- 1 small pot of no added sugar jelly
- 1 x 120g light/diet yoghurt e.g. Muller Light, Weight Watchers Thick and Fruity, Shape
- 1-2 plain biscuit e.g. digestive, fig roll, ginger nut, garibaldi
- Cereal e.g. 1 Weetabix, 30g Shreddies / Cheerios / Rice Krispies Multigrain / Mini shredded wheats, Mini Weetabix (30g carbs)
- Cereal bar e.g. Kelloggs Special K bar, Ryvita Goodness, Friesli, Tracker Roasted Nut, Harvest Chewee, Naked
- Fruit, oat or bran muffins (30g carbs)
- Fruit loaf with butter or margarine (20g carbs per 30g slice)
- 1 small wholemeal scone with low fat spread +/- sugar free jam
- ½ Blueberry bagel with butter (20g carbs)

- lollies made with no added sugar squash
- Small handful of nuts/seeds (>5years old)*
- 50g Microwave unsweetened popcorn (30g carbs)

Please note that whole nuts are not recommended for children under 5 years of age, due to the risk of choking or to those who have a nut allergy.

Websites

www.bda.uk.com

www.diabetes.org.uk

www.coeliac.org.uk

www.canderel.co.uk

www.splenda.co.uk

www.infantandtoddlerforum.org

www.runsweet.com

For further information or advice please contact the Paediatric Dietitians at Ashford and St Peter's Hospital NHS Foundation Trust:

Tel: 01932 723937

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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