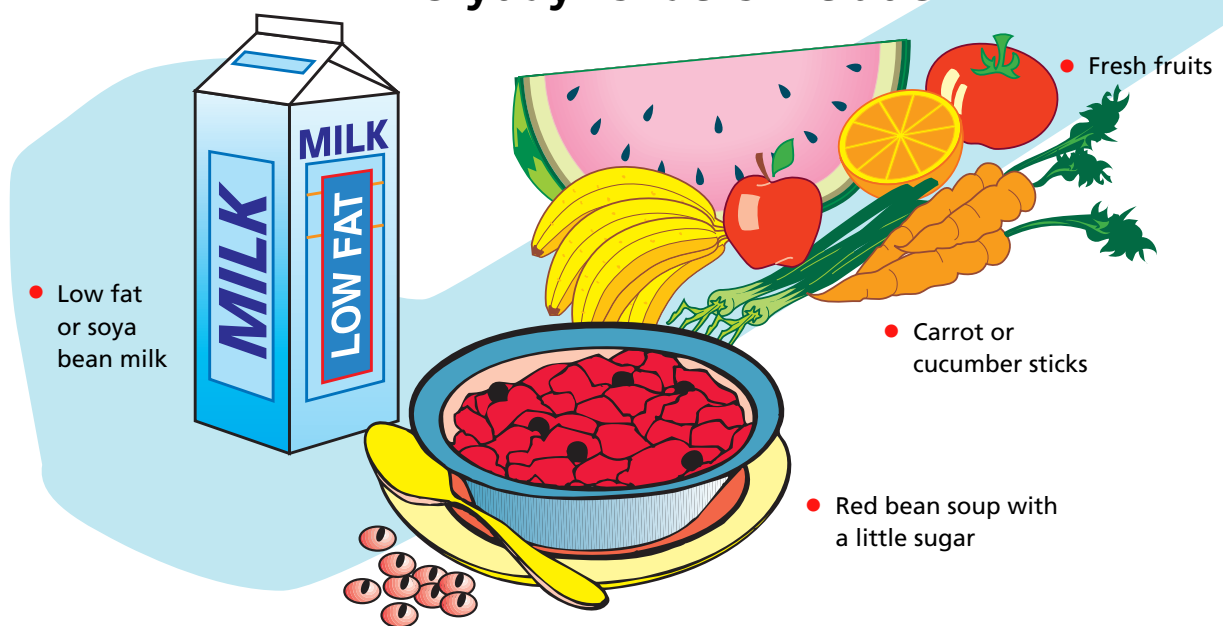


# Choose healthy snacks

Snacks may not be necessary if your child eats regular meals. If he must have a snack, teach him to make healthy choices.

**Some snacks can be eaten more often.  
"Everyday" snacks include:**



Eat less high energy foods which contain a lot of fat and sugar. They should not be eaten more than 2 times a week.

**"Sometime" snacks include:**

- Sweets and chocolates
- Sweet drinks (eg. soft and/or fizzy drinks)
- Fried food
- Potato chips/crisps
- Cakes, pastries
- Ice-cream

**Keep more "Everyday" snacks at home.**

Avoid storing "tempting" high fat and high sugar foods like chips, chocolates or rich cakes at home. You could also prepare snacks like carrot, celery or cucumber sticks for your child to crunch on instead of chips or crackers.