

# Tips for healthy mid-morning and afternoon snacks

## Healthy mid-morning and afternoon snacks

- ✓ always includes water or unsweetened herbal or fruit tea
- ✓ consists of a fruit and/or vegetable
- ✓ is varied and sugar free
- ✓ cereal and/or milk products as well as nuts can be added depending on the level of activity and appetite

## A balanced snack

- ✓ ideally supplements main meals at school and at home
- ✓ stops that feeling of hunger in between meals
- ✓ tops up energy levels particularly after active breaks and leisure time
- ✓ helps concentration at school
- ✓ ideally includes local and seasonal products
- ✓ if possible it is packed in a practical snackbox which keeps the food fresh and saves on packaging

## Variety and mix are satisfying

- ✓ The food shown overleaf can be creatively combined, here are some examples:



## Not regularly – but from time to time


- ✓ tropical fruit such as banana, mango, pineapple or papaya (when buying tropical fruit, give preference to organic and fairtrade products)
- ✓ Dried fruits
- ✓ Meat and meat products (e.g. sausage, ham, dried meat etc.) – preferably low fat
- ✓ Fruit juice diluted with water

## The following items are not recommended

- chocolate, milk and cereal bars
- croissants
- sugared breakfast cereals
- biscuits
- sweetened drinks such as ice tea, cordial, cola, energy drinks etc., artificially sweetened drinks (light/zero)
- sweetened and flavoured milk shakes
- fatty or highly salted products such as pretzel sticks, crisps or salted nuts

## Ideas for a well-balanced snack

 Wasser	 Tee	 Äpfel	 Birnen	 Trauben	 Kirschen
DRINK		FRUIT			
 Pflaumen/ Zwetschgen	 Nektarinen/ Pfirsiche	 Mandarinen	 Orangen	 Kiwis	 Aprikosen
 Feigen	 Beeren	 Melonen	 Tomaten	 Karotten	 Gurken
			VEGETABLES		
 Peperoni	 Radieschen	 Fenchel	 Kohlrabi	 Stangensellerie	 Vollkornbrot
 Ruchbrot	 ungesüsste Flocken	 Knäckebrot/ Vollkorncracker	 Reiswaffeln	 Käse	 Frisch-/Hütten- käse auf Brot
CEREAL PRODUCTS			MILK PRODUCTS		
 Quark nature	 Joghurt nature	 Milch	 Baumnüsse	 Haselnüsse	 Mandeln
			NUTS		

 choking hazard for young children