



Healthy snack ideas for morning or afternoon tea

- Vegetable or fruit platters
- Vegetable sticks with low fat or vegetable based dips, such as hummus or salsa. Try carrot, cucumber, capsicum, celery, broccoli, green beans and snow peas. Check what's in season
- Fresh or canned fruit (in natural juice)
- Frozen fruit pieces, such as frozen banana, grapes or orange quarters
- Oven baked vegetables (not oiled) such as pumpkin, sweet potato, carrot, potato
- Corn on the cob
- Fruit skewers
- English muffins with cheese or lean meat and salad vegies
- Pikelets or pancakes
- Rice cakes with cheese and salads, such as tomato, lettuce, cucumber, avocado, grated carrot
- Rice cakes with sliced/mashed banana
- Pita bread with hummus or tzatziki
- Fruit bread (raisin toast) with a little polyunsaturated or monounsaturated margarine
- Fruit or vegetable based muffins
- Fruit or vegetable based scones
- Rice crackers (check the salt content)
- Cheese and biscuits (choose wholegrain varieties, low in salt such as vita-weats)
- Unsalted pretzels
- Plain air popped popcorn (no added fat or salt) - not for children under 3 years due to choking risk
- Pasta with grated carrot, cherry tomatoes, canned chickpeas and reduced fat cheese
- Reduced fat yoghurt (plain or fruit), serve with fresh fruit or untoasted muesli for variety
- Wholemeal toast fingers with baked beans
- Tomato and cheese on toast
- Make savoury pikelets by including grated zucchini, corn and/or carrot. Spread with ricotta or cottage cheese
- Make mini pizza's using the wholemeal english muffins or pita bread, top with chopped capsicum, tomato, pineapple, mushroom and reduced fat cheese
- Miniweats breakfast cereal, Weetbix/Vitabrits or other wheat breakfast biscuits spread with fruit spread or a scrape of some yeast extract (Choose cereal with low sugar content)