

Good snack choices

- When choosing snack foods, make choices that contain both, low GI carbohydrates and some protein to keep children full.
- Here are some balanced snack food choices.....
 - ◆ $\frac{1}{2}$ multigrain sandwich with $\frac{1}{2}$ slice low fat cheese or 97% fat free meat
 - ◆ 100g low fat yoghurt
 - ◆ Low fat mini muffin
 - ◆ 2 Vita Wheat™ or Paradise Light™ biscuits with Vegemite™
 - ◆ $\frac{1}{2}$ cup low fat milk/ $\frac{1}{2}$ cup water with 1 teaspoon Milo™
 - ◆ $\frac{1}{2}$ toasted sandwich with a small tin of spaghetti
 - ◆ Peters Mini™ Iceblock
 - ◆ 2 corn thins™ with vegemite
 - ◆ Bowl of vegetable soup
 - ◆ Cup of popcorn
 - ◆ Cut of vegetables with salsa
 - ◆ Diet chocolate dessert
 - ◆ $\frac{1}{2}$ frozen banana dipped in diet yoghurt
 - ◆ Frozen strawberries dipped in diet yoghurt
 - ◆ Pumpkin or vegetable Cup a Soup™
 - ◆ Vegetables sticks + tomato salsa
 - ◆ Frozen diet cordial ice blocks

