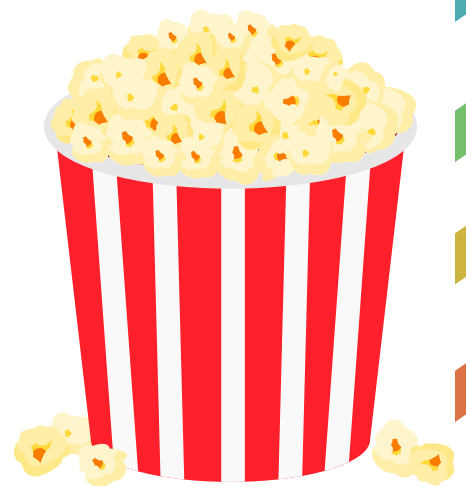


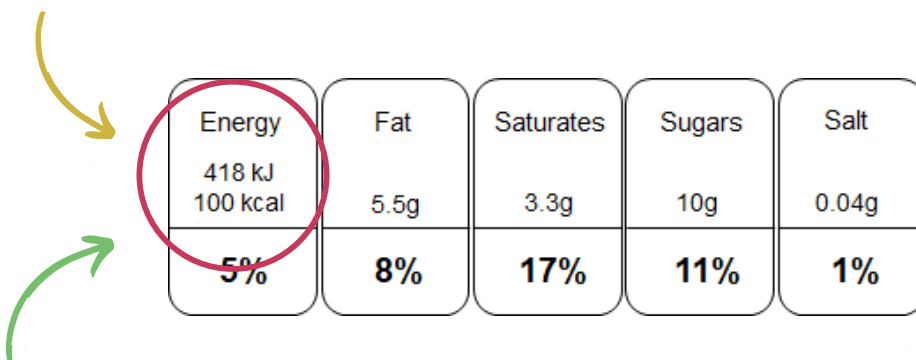
Snacks

- A snack is any food or drink consumed outside of a structured meal.
- We can often feel hungry between meals which can sometimes lead to poor food choices.
- When we feel hungry we often tend to grab foods which are quick and easy but may be high in calories.
- Snacking between meals is an important part of our day as it can prevent us from making poor food choices and keep us from feeling hungry between meals.
- The government guidelines are to limit packaged snacks to two per day and only to contain 100 calories.



How do I know if my snack is 100 calories or less?

Check out the energy section on your food labels
If it has 100 calories or less you are good to go!



Energy	Fat	Saturates	Sugars	Salt
418 kJ 100 kcal	5.5g	3.3g	10g	0.04g
5%	8%	17%	11%	1%

Kcal is short for calories

Snack Tip:

Try to avoid snacks close to meal times. Some families find it useful to use a loose schedule to ensure this and your child knows that they will be eating soon and will be less likely to snack:



Breakfast 7:30/8

Snack 9:30-10

Lunch 12-12:30

Snack 3-3:30

Tea 5:30-6

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