# 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

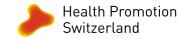
- tropical fruit such as banana, mango, pineapple or papaya (when buying tropical fruit, give preference to organic and fairtrade products)
- Dried fruits
- Meat and meat products (e.g. sausage, ham, dried meat etc.) – preferably low fat
- Fruit juice diluted with water

#### 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 DRINK



Tee



Äpfel

**FRUIT** 



Birnen



Trauben



Kirschen



Pflaumen/ Zwetschgen



Nektarinen/ Pfirsiche



Mandarinen



Orangen



Kiwis



Aprikosen



Feigen



Beeren



Melonen



Tomaten **VEGETABLES** 



Karotten



Gurken



Peperoni



Radieschen



Fenchel



Kohlrabi



Stangensellerie



Vollkornbrot



Ruchbrot



ungesüsste Flocken



Vollkorncracker



Reiswaffeln



Käse



Frisch-/Hüttenkäse auf Brot

# **CEREAL PRODUCTS**



Quark nature



Joghurt nature



Milch





MILK PRODUCTS





