

# 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



sgs Schweizerische Gesellschaft für Ernährung  
ssn Société Suisse de Nutrition  
ssn Società Svizzera di Nutrizione

[www.sgs-ssn.ch](http://www.sgs-ssn.ch)

**Ideas for a well-balanced snack**



Wasser



Tee



Äpfel



Birnen



Trauben



Kirschen

**DRINK**

**FRUIT**



Pflaumen/  
Zwetschgen



Nektarinen/  
Pflirsiche



Mandarinen



Orangen



Kiwis



Aprikosen



Feigen



Beeren



Melonen



Tomaten



Karotten



Gurken

**VEGETABLES**



Peperoni



Radieschen



Fenchel



Kohlrabi



Stangensellerie



Vollkornbrot



Ruchbrot



ungesüsste  
Flocken



Knäckebröt/  
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