

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

Ideas for a well-balanced snack



eau



infusion



pommes



poires



raisin



cerises

DRINK

FRUIT



prunes/
pruneaux



nectarines/
pêches



mandarines



oranges



kiwis



abricots



figes



fruits rouges



melons



tomates



carottes



concombres

VEGETABLES



poivrons



radis



fenouil



chou-rave



céleri



pain complet



pain
mi-blanc



flocons de céréales
non sucrés



pain
croustillant



galettes
de riz



fromage



fromage frais

CEREAL PRODUCTS

MILK PRODUCTS



séré nature



yaourt nature



lait



noix



noisettes



amandes

NUTS

 choking hazard for young children