

Snacks and treats



What foods come to mind when we think of a snack food?

Often we think of foods like crisps, biscuits and chocolate as snacks, but foods that are high in fat or added sugar would actually be called a treat food. Many foods that are high in sugar and/or fat can lead to weight gain, especially when we are not physically active on a day to day basis.

Snacks, on the other hand, are part of a healthy balanced day. It's recommended that children have 2 healthy snacks per day to help maintain blood sugar levels and prevent them from feeling hungry.

What is a healthy snack?

Foods which are lower in sugar, fat and salt are better options when thinking of snacks. Having foods from different food groups can also help us feel fuller for longer between meals. A piece of fruit or some vegetables can be good options for grab and go.

Top tip

Aim for 3 meals and 2 healthy snacks per day!

So you might pick:

- Vegetable sticks with hummus (vegetables and protein)
- Fruit with yoghurt (fruit and dairy)
- Crackers with cheese (starchy carbohydrates and dairy)
- Small portions of leftover dinners/lunches

Snack ideas

Fill in your own snack ideas



Remember we can still over eat on 'healthy foods' so planning when and what snacks we have is important.

Managing treat foods

We can still enjoy treat foods as part of a healthy balanced diet but eating too many foods high in fats and sugar can be bad for our health. Having a treat allowance can help us form healthy habits. Try aiming for no more than 5 treats per week.

For more top tips on smart snacking and sugar swaps check out change4life!

 nhs.org.uk/Change4life

Managing treats at home:



Make a reward chart. Tick off the days when you have a treat food. This is a good way to keep track of how many each family member has per week.



Make treat food vouchers. If you would like a treat food (small chocolate bar) you trade in your voucher (like money) for that treat. Reuse the vouchers each week – remember to aim for 5 treats/vouchers only!



Have a treat box or basket. Put your treats for the week in your box/basket, this can help us see how many we have left, once we've finished them all, we don't have any till next week!



Plan ahead. Is there a party this weekend, or a special occasion where we might want to have additional treats? Don't use up all of your treat foods during the week on school desserts or in your lunch box – make sure you have some left for the weekend!

Smart Snack Swaps:

Treat Food

Smart swap

Packet of Crisps



A bag of plain popcorn

Biscuits



Rice cakes with peanut butter

Mars Bar



Small bag of Maltesers (still a treat but a healthier option)

What other snack swaps can you think of?:

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