



Healthy Snacks

PEANUT FREE SNACKS



Ideas for Peanut-free Meals and Snacks!

- ✓ Juice boxes vegetable or fruit
- ✓ Cheese slice wrapped around a bread stick
- ✓ Mini bagels with cream cheese & cucumber slices
- ✓ Cheese slice & meat slice rolled up in a hot dog bun
- ✓ Whole grain (nut free) bread & cheese (Swiss, gouda)
- ✓ Pancake sandwich with mashed fruit filling
- ✓ Sliced meat wrapped around a cheese stick
- ✓ Plain yogurt mixed with favourite fruit
- ✓ Celery sticks stuffed with soft cheese
- ✓ Homemade (nut free) oatmeal cookies
- ✓ Arrowroot cookies and dried fruit
- ✓ Popcorn (plain)
- ✓ Whole grain (nut free) muffin
- ✓ Fruit cup (packed in juice)
- ✓ Half bagel with cheese
- ✓ Milk-based custard
- ✓ Hard boiled egg

- ✓ Fig Newtons
- ✓ Soy nuts
- ✓ Corn nuts
- ✓ Fresh fruit
- ✓ Dried fruit
- ✓ Date square
- ✓ Fruit salad
- ✓ Cheese biscuits
- ✓ Chocolate milk
- ✓ Mixture of dry cereal (nut free)
- ✓ Cottage cheese with raisins on top
- ✓ Cottage cheese mixed with chunks of melon
- ✓ Zucchini, banana, lemon loaf (nut free) and milk
- ✓ Triscuits and Wheat Thins (crackers) & cheese (Havarti, cheddar)
- ✓ Trail mix (Shreddies, chocolate chips, dried fruit, marshmallows...)
- ✓ Mini pizza: half English muffin, tomato sauce & favourite toppings
- ✓ Yogurt mixed with dried fruit (raisins, cranberries, apricots)
- ✓ Smoothie (yogurt + fresh fruit + ice cubes in a blender)
- ✓ Frozen yogurt popsicles (homemade)
- ✓ French toast with applesauce on top
- ✓ Oatmeal with raisin face on top

Eat your way to
5 A Day





THE GOOD SNACK GUIDE

SNACKS AREN'T ALWAYS BAD FOR YOU.

NEED TO FEEL A PEAK?

- A snack can fill your nutrition and energy gap.

WOMEN FINISH AND FEEL before a PROPER MEAL?

- A snack can keep you going.

NEED TO SLEEP?

- Snacks can provide vital nutrients for children, teens & older people.



JUST WANT SOMETHING JUICY?

- Oranges, satsumas, pineapple, pears, peaches, grapefruit, kiwifruit, melon
- Make a smoothie
- Chop fresh fruit into some natural yoghurt

BUT MOST SNACKS IN PACKS

are LOADED with ADDED SUGAR, FAT & SALT. Sweets, chocolate, crisps, cakes, pies, biscuits don't have MUCH in them that's any GOOD for you. Just check the labels and seal!

So what sort of snacks are BETTER for you?

FRUIT & VEG!

Why? Because they're LOW in FAT and SALT, have NO ADDED SUGAR, & they're HIGH in VITAMINS, MINERALS and FIBRE.



EATING SOMETHING CRUNCHY?

- Raw peppers, broccoli, white cabbage, carrots, cauliflower, celery, courgettes
- Dip into hummus or cottage cheese



• Grab a banana

MAKE YOUR SNACKS COUNT TOWARDS YOUR 5 PORTIONS EVERY DAY!



WEEKING SOMETHING SWEET?

- Fruits are sweet! Eat a fresh fruit snack. Have canned fruit too - if it's in juice, not syrup.
- Dried fruit is best eaten with meals - it can stick to your teeth.

- Stuff a pitta with salad veg
- Fill a pancake with soft fruit & top with yoghurt
- Have a bowl of veg soup
- Top a bowl of miso with fresh or dried fruit

REALLY RAVENOUS?

So if you

- don't snack too often
- keep off sugary, salty and fatty snacks
- go for fruit and veg snacks instead

