
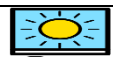
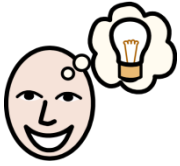










Ideas for snacks and drinks between meals

	Chopped fruit and vegetables
	Cheese, plain yoghurts
	<u>Plain</u> crackers, breadsticks, plain crisps
	Savoury sandwiches or rolls, naan
	Hard boiled eggs

	Limit sweet foods and drinks. Try to keep these to mealtimes
<100kcal	Snacks should be 100 calories or less
 2x	Healthy snacks, 2 times a day, max



Ideas for snacks and drinks between meals

	Plain still water
	Add ice cubes
	Add a straw
	Use a nice cup
	Plain milk – not throughout the night
	Tea and coffee. <u>No sugar.</u>

	<u>Avoid</u> squash and fizzy drinks
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Ideas for snacks and drinks between meals

Healthy Eating Advice

Healthy eating is to promote good oral health (keeping the mouth healthy) and general health.

Dental decay is caused by too much sugar, too often throughout the day.

- Limit sugary food and drinks and keep to mealtimes only.

A healthy balance diet contains foods from all the major food groups, in line with *The Balance of Good Health (Food Standards Agency)* including:

- Fruit and vegetables
- Milk and dairy
- Bread, cereals and potatoes
- Meat, fish and alternatives

Try to choose a variety of foods from these groups, every day. This will give you a wide range of nutrients the body needs.

Most people in the UK eat and drink too many calories, fat, sugar and salt.

Think about if it is a balanced meal, your portion size and calorie intake.

Nutrition labels on the front of packaging.

Some food packaging contains 'red, amber and green' coding. This tells you if the food has high, medium or low amounts of: fats, sugar and salt.

- **Red means high**
- **Amber means medium**
- **Green means low**

In short the **more green** on the label the healthier the choice.

Snacking

Half the sugar intake for children comes from snacks and sugary drinks.

Fruit and vegetables are the best choice.

Tip: look for 100-calorie snack, two a day max!

<https://www.nhs.uk/change4life>