

## Ideas for Healthy Snacks

*(Max of two per day)*

- Cereal & milk
- Toast & peanut butter
- Vegetable sticks & dip
- Humus & pitta bread
- Yoghurt
- Milk
- Fruit smoothie
- Vegetable soup
- Beans on Toast
- English muffin
- Homemade popcorn
- Crumpets
- Instant oats
- Oatcakes or crackers
- Cheese (30g)
- Cereal bars
- Fresh or dried fruit
- Mixed nuts
- A slice of fruit loaf
- Hot cross bun or tea cake

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