

Why It's Great

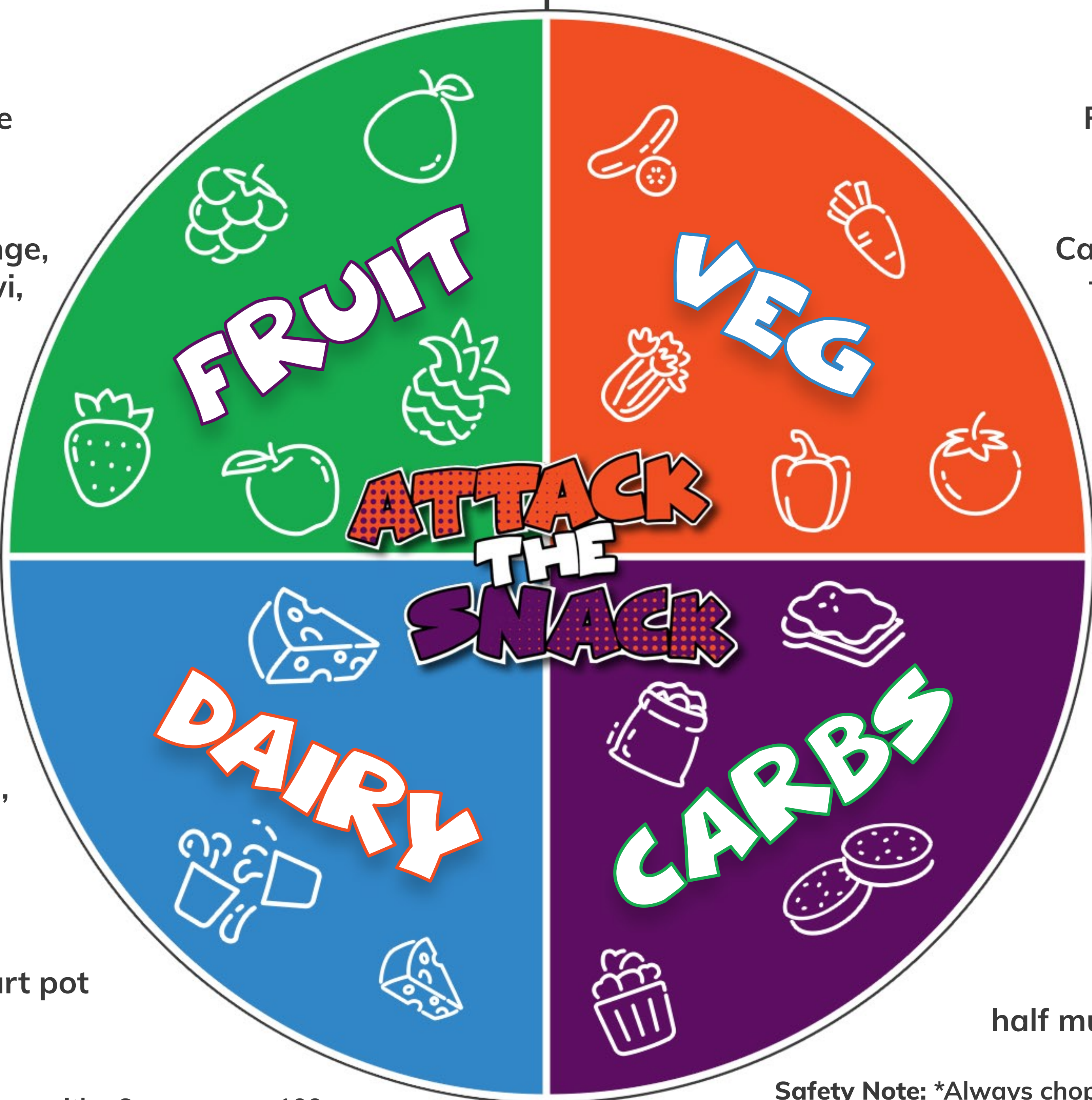
Rich in micronutrients & fibre

Examples

Apple, banana, berries, orange, satsuma, mango, melon, kiwi, grapes*, pear, plum

Portion

~40g (about half a handful)



Why It's Great

Bone strengthening

Examples

Cubed cheese (e.g. cheddar), plain yoghurt (add fruit for sweetness)

Portion

15g cheese or 1 small yoghurt pot

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Rich in micronutrients & fibre

Examples

Carrot sticks, cucumber, cherry tomatoes*, celery**, peppers, crudité's + dips

Portion

~40g (about half a handful)

Why It's Great

Energy-boosting carbs.

Examples

Breadsticks, toast, crumpet, pretzels, popcorn, crisps, rice cakes, muffins, fruit loaf

Portion

1 slice toast or crumpet, half muffin, handful of crisps/snack

Top Tip: Choose plain yoghurt or ones with <6g sugar per 100g. Pre-portion snacks like crisps to avoid over-serving. Crisps can be high in salt- check the label and try to choose options with less than 1.25g salt (or 0.5g sodium) per 100g.

Safety Note: *Always chop small foods like grapes and cherry tomatoes, and supervise children under five to reduce choking risk.
**As celery is a major food allergen, choose alternative vegetables if your child has a known celery allergy.

