

# Healthy Snacks



# Healthy Snacks with Choices

Children are growing fast and physically active. They require nutrients and energy. Healthy snacks help replenish the water and energy lost during learning as well as exercising, and help children obtain enough nutrients. On the other hand, overeating and unhealthy choices of snacks lead to excessive energy intake, which in turn result in weight gain with negative health impact. Frequent snacking can also make a child lose appetite for main meals. Therefore, snacks for children should be provided in accordance with the principles of healthy eating.

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## Be a Smart Eater

According to the principle of the **Food Pyramid**, foods are divided into five main groups including **grains and cereals**, **vegetables**, **fruit**, **meat** and **dairy products**. They serve as both basic components of main meals and choices of healthy snacks.

- Eat snack only if he or she feels hungry between main meals.
- Snack between main meals and avoid overeating. At least having 1.5 - 2 hours between two intakes.
- Snacks should be small so they don't spoil the child's appetite for the next main meal.
- Choose fresh and natural food.
- Follow the principles of 'low-fat', 'low-sugar', 'low-salt' and 'high-fibre' eating.
- Choose mainly cereals, fruit and vegetables such as whole-wheat bread, high-fibre wholemeal biscuits as well as fresh fruit and vegetables.
- Select dairy products including low-fat or skimmed milk, low-fat plain yoghurt or cheese.
- Avoid unhealthy snacks that are high in sugar, salt and fat.
- Prepare water as drink.





Food category	Snacks to Choose More	Snacks to Choose in Moderation	Snacks to Choose Less
<b>Grains and Cereals</b>	<ul style="list-style-type: none"> <li>• White bread, whole-wheat bread, including whole-wheat bread with nuts, wholemeal bread and raisin bread</li> <li>• Unsweetened breakfast cereals or cereal bars</li> <li>• High-fibre or plain biscuits and crackers</li> <li>• Boiled corn or corn kernels (served without butter or margarine)</li> <li>• Unsweetened oat drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Refined breakfast cereals with added sugars or processed vegetable oil (cocoa bubbles and frosted corn flakes)</li> <li>• Plain sponge cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Biscuits coated with chocolate or other sandwich biscuits</li> <li>• Cream-filled buns and cakes</li> <li>• Chocolate muffins, pastry, cookies</li> <li>• Instant noodles</li> <li>• French fries, fried sweet potatoes</li> <li>• Crisps and chips</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Fresh vegetables (cucumbers, carrots, cherry tomatoes)</li> <li>• Green salad (with minimal amount of low-fat salad dressing added or substitute salad dressing with low fat plain yoghurt)</li> </ul>	<ul style="list-style-type: none"> <li>• Pickled or preserved vegetables, salted seaweeds</li> </ul>	<ul style="list-style-type: none"> <li>• Salad with whole-fat salad dressings</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Fresh fruit</li> <li>• Dried fruit without added sugar (apricots, prunes and raisins)</li> <li>• Baked dried fruit chips (apple chips)</li> <li>• Fruit platter or salad (with minimal amount of salad dressing)</li> <li>• Freshly blended fruit juice without sugar added, 100% natural fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruit with added sugar or canned fruit in syrup (if served without syrup)</li> <li>• Sweetened fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>• Canned fruit in syrup (if served with syrup)</li> </ul>
<b>Meat, eggs, beans and nuts</b>	<ul style="list-style-type: none"> <li>• For sandwiches making, canned tuna soaked in spring water without added salt or lean fresh meat (beef, chicken breast, turkey slices)</li> <li>• Boiled eggs</li> <li>• Bean curd dessert without added sugar</li> <li>• Unsweetened soymilk</li> <li>• Unsalted nuts or beans (almonds, peanuts, cashew nuts and peas)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken wings</li> <li>• Ham, bacon and sausages</li> <li>• Pan-fried or steamed dumplings</li> <li>• Fish meat 'siu mai', fish balls</li> <li>• Roasted nuts and beans with added salt</li> <li>• Bean curd dessert</li> <li>• Sweetened soymilk</li> </ul>	<ul style="list-style-type: none"> <li>• All deep-fried food items (deep-fried chicken wings and fish fillets)</li> <li>• Beef or pork jerky</li> </ul>
<b>Dairy products</b>	<ul style="list-style-type: none"> <li>• Low-fat or skimmed milk</li> <li>• Low-fat yoghurt or low-fat cheese (plain yoghurt or fruit yoghurt without added sugar or cheese)</li> </ul>	<ul style="list-style-type: none"> <li>• Whole-fat milk, yoghurt and cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Ice cream, ice blocks</li> </ul>
<b>Oils, sugar and salt</b>			<ul style="list-style-type: none"> <li>• Sauces (curry sauce, black pepper sauce, soy sauce)</li> <li>• Confectionery (candies, chocolate)</li> <li>• All sugary soft drinks or cartoned beverages</li> <li>• Cordials and 3-in-1 instant drinks</li> </ul>

Website of the 'EatSmart@school.hk' Campaign :

[www.eatsmart.gov.hk](http://www.eatsmart.gov.hk)

24-hour Health Education Hotline of the Department of Health: 28330111