

# Tips for healthy mid-morning and afternoon snacks

## Healthy mid-morning and afternoon snacks

- ✓ always includes water or unsweetened herbal or fruit tea
- ✓ consists of a fruit and/or vegetable
- ✓ is varied and sugar free
- ✓ cereal and/or milk products as well as nuts can be added depending on the level of activity and appetite

## A balanced snack

- ✓ ideally supplements main meals at school and at home
- ✓ stops that feeling of hunger in between meals
- ✓ tops up energy levels particularly after active breaks and leisure time
- ✓ helps concentration at school
- ✓ ideally includes local and seasonal products
- ✓ if possible it is packed in a practical snackbox which keeps the food fresh and saves on packaging

## Variety and mix are satisfying

- ✓ The food shown overleaf can be creatively combined, here are some examples:



## Not regularly – but from time to time

- ✓ tropical fruit such as banana, mango, pineapple or papaya (when buying tropical fruit, give preference to organic and fairtrade products)
- ✓ Dried fruits
- ✓ Meat and meat products (e.g. sausage, ham, dried meat etc.) – preferably low fat
- ✓ Fruit juice diluted with water

## The following items are not recommended

- > chocolate, milk and cereal bars
- > croissants
- > sugared breakfast cereals
- > biscuits
- > sweetened drinks such as ice tea, cordial, cola, energy drinks etc., artificially sweetened drinks (light/zero)
- > sweetened and flavoured milk shakes
- > fatty or highly salted products such as pretzel sticks, crisps or salted nuts



sgs Schweizerische Gesellschaft für Ernährung  
ssn Société Suisse de Nutrition  
ssn Società Svizzera di Nutrizione

[www.sgs-ssn.ch](http://www.sgs-ssn.ch)

Ideas for a well-balanced snack



acqua



tè



mele



pere



uva



ciliegie

DRINK

FRUIT



prugne



nettarine/  
pesche



mandarini



arance



kiwi



albicocche



fichi



bacche



meloni



pomodori



carote



cetrioli

VEGETABLES



peperoni



ravanelli



finocchio



cavolo rapa



sedano



pane integrale



pane  
semibianco



flocchi d'avena  
non zuccherati



pane croccante



cialde di riso  
soffiato



formaggio



formaggio  
fresco

CEREAL PRODUCTS

MILK PRODUCTS



ricotta al naturale



yogurt al naturale



latte



noci



nocciole



mandorle

NUTS



choking hazard for young children