

The Kids Menu

Snack Ideas for Weight Loss

Including healthy snacks throughout the day is a great way to increase nutritional variety and achieve a balanced diet. It is also a great way to keep you feeling satisfied between meals and avoid overeating at your next meal. Snacks should be nutrient dense, without being energy dense; they should add valuable vitamins and minerals without contributing large amounts of energy, sugar, saturated fat, or salt.

Grains : Aim for wholegrains & high fibre, low salt & low fat



Air Popped Popcorn	(1 cup, 8g = 115 KJ)	Plain sweet biscuit	(1 biscuit = 190KJ)
Wholemeal bread	(2 slices, 60g = 596KJ)	Water Crackers	(4 crackers = 203KJ)
Mountain bread	(1 wrap, 30g = 300KJ)	Wholemeal crackers	(14g = 245KJ)
Pita bread	(1 large, 60g = 690KJ)	Fruit bread	(1 slice, 45g = 508KJ)
Wholemeal Muffin	(1 muffin, 67g = 584KJ)	Fruit Muffin	(1 muffin, = 710 KJ)

Fruits and Vegetables: Fresh, tinned, or frozen; use in smoothies, toppings on bread, toast, muffins or crackers



Banana	(1 medium = 416KJ)	Raw Vegetable Sticks	(5 sticks = 4 - 48KJ)
Cherry Tomatos	(5 tomatos, 63KJ)	Avocado	(50 g, 1/2 small = 431KJ)
Apples, pears	(1 large = 450KJ)	Corn Cob	(1 medium = 395KJ)
Strawberries	(5 medium = 103KJ)	Dried Apricot	(5 halves = 276KJ)
Peach	(1 medium = 211KJ)	Baked Beans	(130g = 494KJ)

Dairy, Meat & alternatives: Aim for low fat/ lean options; mix with fruits and vegetables



Low fat yoghurt	(200g = 480KJ)	Peanut Butter	(1 tb spoon = 504KJ)
Low fat milk	(250ml = 355KJ)	Boiled eggs	(1 large = 240KJ)
Cottage cheese	(120g = 450KJ)	Raw Almonds	(10 nuts = 300KJ)
Ricotta Cheese	(120g = 630KJ)	Pumpkin, Sunflower Seeds	(10g = 226KJ)
Raw Walnuts	(30g = 872KJ)	Tin Tuna (in springwater)	(74g = 368KJ)

Dips and Extras: keep snacking tasty! Avoid hidden sugar and fat



Bulla 97% fat free Frozen Yoghurt®	(70g = 427KJ)	Aero Chocolate Mousse®	(62g = 290KJ)
Skinny Cow (Vanilla Chocolate)®	(87g = 452KJ)	Fruche (Strawberry Fields)®	(125g = 530KJ)
Low fat Tzatziki	(1 tb spoon = 90KJ)	Low fat muffin	(1 medium = 639KJ)
Low fat Guacamole	(1 tb spoon = 102 KJ)	Muesli Bar (fruit)	(1 bar, 35g = 547KJ)
Low fat Hommus	(25g = 254KJ)	Pretzels	(10, 6g = 95KJ)