

# TOP TIPS

## for healthier snacking

1

If you're shopping for packaged snacks for your children, use this helpful tip to find healthier snacks – look for 100 calorie snacks.

Look for  
**100**  
calorie (kcal)  
snacks

2

Worried that your kids are having too many packaged snacks each day? Try saying "TWO A DAY MAX"!

2  
snacks  
MAX



3

Fruit and vegetables are always the best snack and count towards your 5 A Day. Keep dried fruit, fruit juices and smoothies to meal-times to protect your kids' teeth.

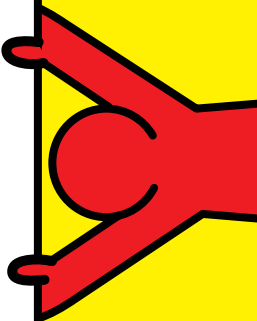


Download the updated **Change4Life** Food Scanner app which brings labels to life and shows you just what's inside popular snacks.



Download on the **App Store**    GET IT ON **Google Play**

Remember nuts and seeds are high in energy, so keep an eye on the amount you eat.\*



Search **Change4Life** for loads more tips on healthier snacking

**change 4 life**

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\*Don't give whole nuts to children under 5 because they could choke on them.