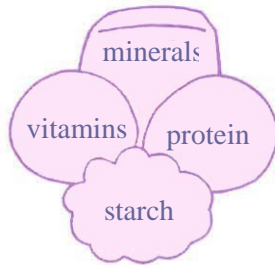


Benefits of Healthy snacks



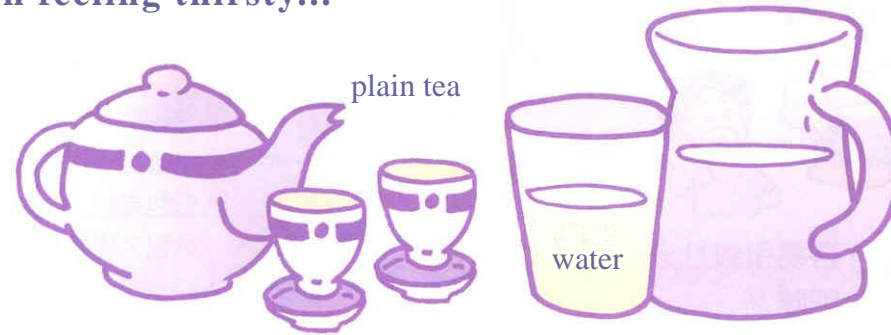
- Replenish physical strength



- Replenish nutrients

Options for healthy snacks

• When feeling thirsty...



water, plain tea

Wisdom of eating snacks



Eat regularly and between two meals

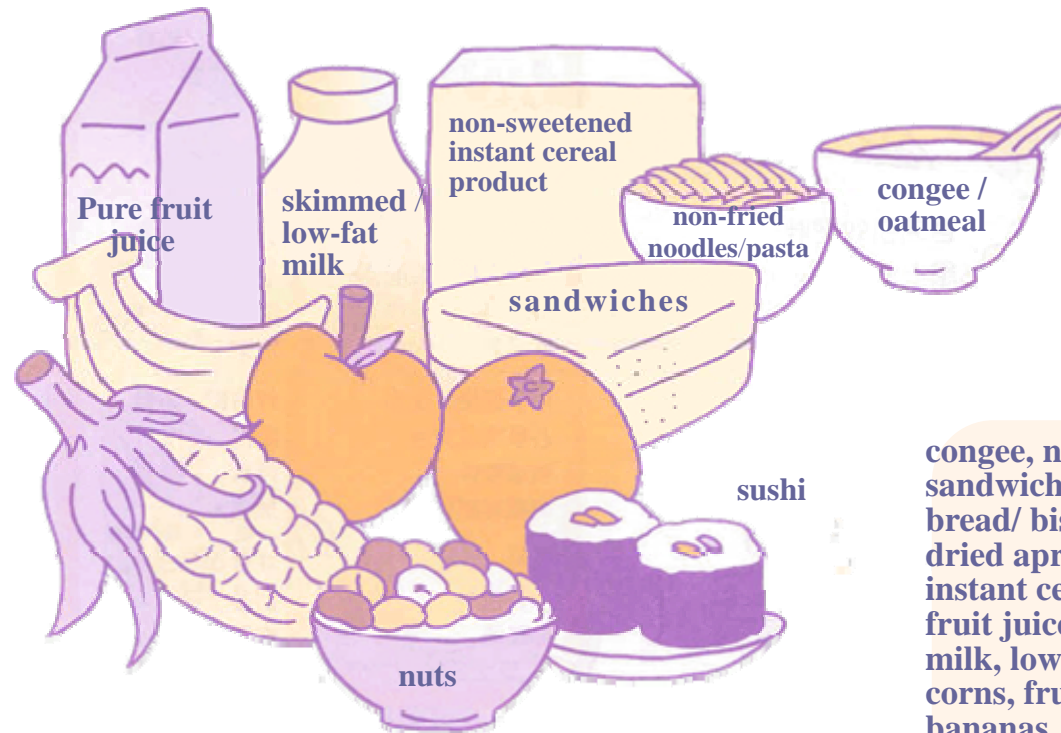
Don't eat just before a main meal as it would affect the appetite



Snacks should be light, don't eat frequently throughout the day



• When feeling a little hungry...



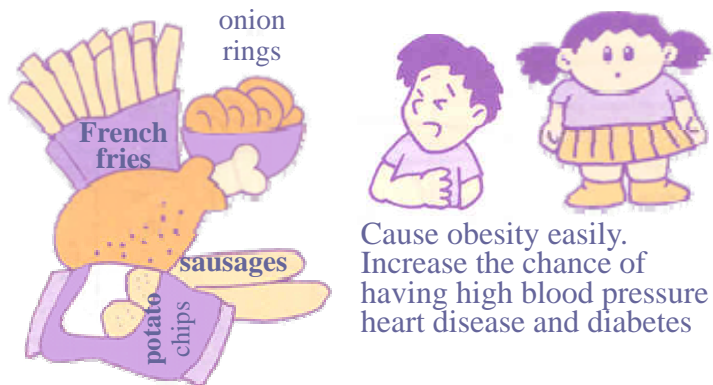
congee, noodles in soup, sandwiches, whole-wheat bread/ biscuits, nuts, raisins, dried apricots, oatmeal or instant cereal products, fresh fruit juice, skimmed/ low-fat milk, low-sugar soymilk, corns, fruits (apples, oranges, bananas, etc.), sushi

Snacks to be avoided

- Food with high sugar content



- Food with high fat or high salt content



- Food sold by unlicensed hawkers



Dirty food causes diarrhea, vomiting and abdominal pain easily

Suggested menu for children's birthday parties



Healthy Food

- water
- plain tea
- fresh fruit juice
- plain soymilk high-calcium low sugar soymilk
- low fat milk/skimmed milk
- pure green tea
- baked potatoes/roast sweet potatoes
- baked chestnuts
- cornflakes with nuts or raisins
- boiled corn on the cob
- butter bean cakes, red bean cakes
- assorted fruits platter
- bean curd dessert (less sugar)
- low fat yoghurt, skimmed yoghurt
- fresh fruit salad with vegetables
- cherry tomatoes
- tomato and egg sandwiches
- tuna fish sandwiches
- vegetable salad
- high fibre biscuits
- sushi
- wheat bread
- steamed buns (Man Tau)
- low fat-cheese sandwiches

Unhealthy Food

- soft drinks
- milkshake
- fruit drink in paper packs
- lemon tea in cans/paper packs
- sweetened yoghurt drink
- potato chips/French fried
- prawn crackers / prawn flavoured sticks
- fried cheese rings
- butter cookies / cream-filled biscuits
- candies / chocolates
- ice cream
- instant noodles, cup noodles, seasoned noodles
- preserved fruits
- fried chicken legs/chicken wings
- sausages
- siu mai
- fish balls
- spring rolls
- prawn on toast
- deep fried dumplings
- French toasts



Choose and Enjoy Healthy Snacks

