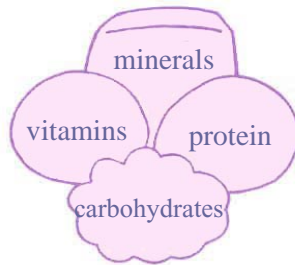


Benefits of healthy snacks



Replenish
physical strength



Replenish nutrients

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



Options for healthy snacks

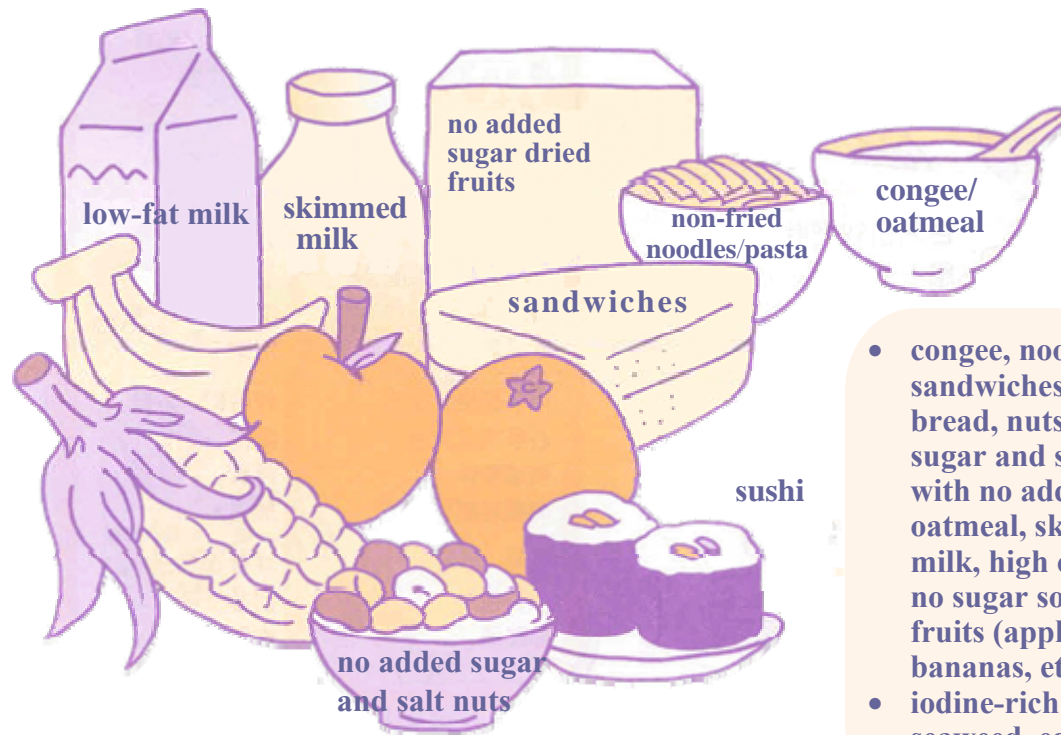
- When feeling thirsty, you can drink

clear soup



water

- When feeling a little hungry, you can eat



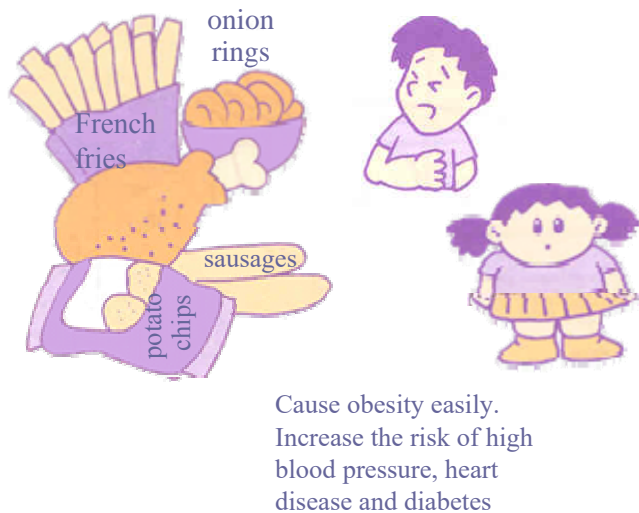
- congee, noodles in soup, sandwiches, whole-wheat bread, nuts with no added sugar and salt, dried fruits with no added sugar, oatmeal, skimmed/low-fat milk, high calcium low sugar/ no sugar soy milk, corns, fruits (apples, oranges, bananas, etc.), sushi
- iodine-rich food including seaweed, eggs, milk and dairy products

Snacks to be avoided

• Food with high sugar content



• Food with high fat or high salt content



Suggested menu for children's birthday parties



| Relatively desirable snacks | Snacks to choose less |
|--|---|
| <ul style="list-style-type: none"> – water – no added sugar pure fruit juice – high calcium low sugar/no sugar soy milk – low-fat/skimmed milk – boiled potatoes/sweet potatoes – boiled chestnuts – dried fruit chips (e.g. apple chips) – no added sugar raisin – boiled corn – high dietary fibre biscuits – assorted fruits platter – bean curd dessert (less sugar) – low-fat/skimmed yoghurt – fresh fruit salad (with minimal amount of salad dressing) – cherry tomatoes – tomato and egg sandwiches – tuna fish sandwiches – low fat cheese sandwiches – vegetable salad (with minimal amount of salad dressing) – nuts with no added sugar and salt – sushi – wheat bread – plain steamed buns (man tau) – iodine-rich food including seaweed, milk and dairy products | <ul style="list-style-type: none"> – soft drinks – fruit drink (with added sugar) – all sugary cartoned/ bottled beverages (including lemon tea) – potato chips/French fries – prawn crackers/prawn flavoured sticks – fried cheese rings – butter cookies/cream-filled biscuits/waffer – candies/chocolates – ice-cream – cream cake – instant noodles, cup noodles, seasoned noodles – preserved fruits – deep-fired chicken drumstick/ wings – sausages – salted seaweeds – curry fish balls – spring rolls – toasts with condensed milk and butter – deep fried dumplings – French toasts |



Choose and Enjoy Healthy Snacks



Student Health Service
Department of Health

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